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Breakfast  
reads



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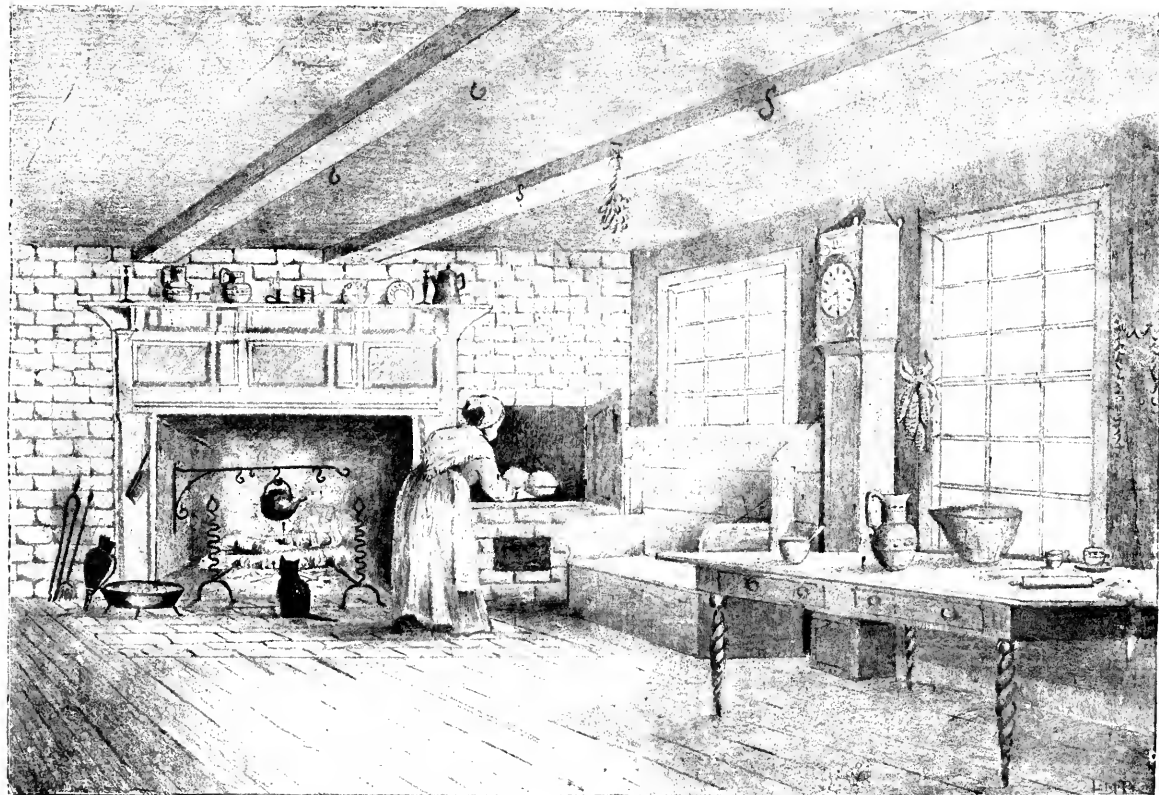
*Palmdale City*

*Jan. 11th.*

*1876*







# NEW ENGLAND BREAKFAST BREADS

## LUNCHEON AND TEA BISCUITS

BY  
LUCIA GRAY SWETT

ILLUSTRATION BY  
L. M. P.

BOSTON MDCCCXCI  
LEE AND SHEPARD PUBLISHERS

10 MILK STREET NEXT "THE OLD SOUTH MEETING HOUSE"

NEW YORK CHARLES T. DILLINGHAM

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NEW ENGLAND BREAKFAST BREADS.



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## PREFATORY DIRECTIONS

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NEARLY all these recipes have been in one New England family several years, many of them half a century. There are only a few exceptions, and these I have carefully tried. If the directions seem too explicit, it is because I have tried to word the recipes so that they could be understood by a young housekeeper or made by any one not experienced in cooking.

### YEAST; AND YEAST BREAD

HOME-MADE yeast I prefer to yeast cakes, but there are a few kinds of bread, as the Lunch Rolls, Sweet Rusks, and Bunns, which are better made with yeast cakes, but, although they are convenient, especially on account of rising so quickly, I think home-made yeast is preferable and use it, in both summer and winter, made by the first

recipe in the book. If there is any trouble in keeping the yeast sweet in warm weather, it can be made with fewer potatoes — three instead of four.

The new, that is the early potatoes, are not dry or mealy enough to make good yeast. I have tried the recipes and given them with both home-made yeast and yeast cakes. By yeast cakes I always mean the little two-cent cakes of compressed yeast, such as are generally used. Be careful not to dissolve them in too hot water or milk, or it will take the life out of the yeast and the bread will not rise well. Care should be taken also to get them perfectly fresh, and, if kept at all, to cover them carefully and keep them in the ice-chest or cellar. Dissolve the yeast cake in the same quantity of warm milk or water that would be taken of home-made yeast. If the bread is made with milk it is generally better to dissolve it in milk. Always warm the milk to be used in making bread with yeast. The best way is to put it in a tin quart measure, and set it in a pan of hot water on the stove. Of course the milk should be only just lukewarm when added to the dough, but it is better, especially in summer, to let it get quite hot, and then leave it in a pan of cold water until just lukewarm before using, as this prevents the dough from souring. Always be very careful that the milk is perfectly sweet, and if bread is mixed in the evening, never use milk brought the day before. Milk that has been skimmed is rather better for raised loaves,

and makes the bread whiter, and with the shortening used is quite rich enough. Bread made with yeast cakes requires more salt than that made with home-made yeast — nearly half as much again.

If the bread is mixed with water instead of milk, have the water just lukewarm. If the quantity of milk given in the recipes seems a great deal in proportion to the quantity of flour used, it is because the breads were made with very fine dry flour, and if moister flour should be used of course it would not stiffen as much and would require less milk or water, although bread is much nicer when the dough is kneaded quite soft, and a great deal of bread is spoiled by being made too stiff. Dough that seems too soft, and troubles one by sticking to the hand at first, after kneading eight or ten minutes, will be quite stiff enough, and can be easily kneaded for the remainder of the time. Never flour the hand while kneading and do not sprinkle any over the dough, and use as little flour as possible in making out either loaves or biscuit. Steady the bowl with the left hand, and knead well with the right, never kneading *down* but always tossing the dough up against the side of the bowl. I like a large crockery bowl, one holding nearly eight quarts, for mixing raised breads, unless it is a small quantity — if so the dough rises better in a smaller bowl. Always, either in cold or warm weather, as soon as the bread is kneaded, cover the bowl closely. A

good way is to lay a thick linen bread-cloth over the bowl, wrapping it well around it, and in cold weather, outside this, wrap a large piece of flannel. A yard and a half of thick wide flannel will do. Care must be taken that it is kept nice, and washed nearly as often as the common linen bread-cloths.

It is better to put it away in the spring, not being required through the summer, but in winter it makes the dough rise much more quickly, and is safer, if the bowl is left near the fire, than a cotton or linen bread-cloth.

The large tin kneading-pans are very good, but more care than the crockery bowls. They must be kept scoured very nicely, and although closely covered while the bread is rising, it is not well to put one away with the cover on, as, no matter how carefully tins are washed, they are apt to have a close musty smell if left covered.

I think it is a mistake ever to put sugar in the dough for raised flour loaves, as many persons cannot eat bread made with sugar, and it is the more important for plain flour loaves to be made without that almost all kinds of rolls, biscuits, and rusks made with yeast have some sugar in them, as in this way more yeast can be used, which of course makes them lighter.

No matter how well made or however thoroughly kneaded, bread will not be good unless plenty of time is allowed for it to rise in the pans before baking.



Important as it is for the dough to rise well in the kneading-bowl, it is equally important that after being made out into loaves, rolls, or biscuit, sufficient time should be allowed for it to rise well in the pans before baking.

Fold a bread-cloth small and lay over the top of the pan, taking it off some time before baking the bread so that the dough can rise well above the tin before putting it in the oven.

Cooking-stoves and ranges are so different and ovens vary so much, some baking in about half the time of others, that it is almost impossible to give exact directions about baking bread. But there are a few rules which apply to nearly all cooking-stoves. Never put coal on the fire while bread is baking. Before putting it in the oven, be sure that you have a fire that will not need replenishing. An oven does not bake as well when the stove is full of coal. It should not be filled up to the covers. If the covers of the stove are lifted while the bread is baking, it will be liable to fall and be heavy. This is true of most all kinds of bread, but especially of bread made with eggs. Open the oven door as seldom as possible, shutting it carefully — not slamming it, although with a very large raised loaf, which requires about an hour and fifteen minutes for baking, it is a good plan to leave the oven door an inch or two open four or five minutes before taking it from the oven.

## SUGAR

UNLESS otherwise specified in a recipe, take the fine white granulated sugar. Whenever brown sugar is used always sift it. The Muscavado molasses is the best for bread. It is very dark, and does not look as nice as the lighter kinds, which are more like syrup, but makes the bread lighter and is much better, especially for graham and brown-bread.

When the butter and sugar are to be creamed together, cream them in precisely the same way as for cake, but do not wash the butter; this is better usually for cake, but not for bread, as salt only makes bread lighter.

## PANS FOR BAKING

IRON gem pans, roll or cup-shaped, are particularly good for baking. If preferred the tin pans can be used, or the muffin rings set in a dripping-pan, but many kinds of cakes are better baked in the iron pans, and there is little danger of their burning. The earthen cups I like only for Flour Drop Cakes, for which there are three recipes given in the book. If the tin pans are used, of course they need be only slightly warmed, just enough to butter them easily, but the iron pans should be very hot before filling, for all kinds of bread not made with yeast. Have them

very hot and well buttered, pouring the batter into the gem pan while it is still on the stove. For bread made with yeast only warm the pan enough to butter it, always using the roll-shaped, and let the cakes stand long enough to rise well before baking.

The larger-sized pans for baking loaves of bread measure nine and a half by six and a half inches ; depth, three and three-quarters inches. Smaller size, nine and a half by five and a half inches ; depth, three and a half inches. The cake-pans measure ten by five and three-quarters inches ; depth, two inches. Gingerbread pans measure seven and a half by eleven and a half inches ; depth, one and a quarter inches. Gingerbread sheets measure thirteen by nine and a half inches, and are generally used for baking thin gingerbread, cookies, etc. Care must be taken not to confuse them with the gingerbread pans.

## BAKING POWDER AND SODA

If baking powder is used, be very careful that it is the best and sift it with the flour. Never use saleratus for cooking, always get the bi-carbonate of soda. In making bread with sweet milk, where soda and cream of tartar are used, take exactly twice as much cream of tartar as soda. The cream of tartar is not apt to be lumpy, but the soda should always be smoothed carefully with a knife before measuring. Sift the

soda and cream of tartar with the flour twice, unless the soda is to be dissolved in the milk, in which case sift the cream of tartar with the flour, and, taking half a cup of the milk, drop the soda into it and beat thoroughly for a minute or two. This is also a good way to dissolve soda in sour milk. It is specified in the recipe whenever warm or sour milk is to be used, so, unless otherwise directed, make the bread with sweet cold milk, which is always to be taken with baking powder, and when both soda and cream of tartar are used the milk must always be cold, whether sweet or sour.

## MEAL AND FLOUR

ALWAYS sift all kinds of meal and flour, taking a wire sieve as a hair sieve is too fine ; measuring before sifting unless otherwise directed. It makes a great difference for corn bread what kind of meal is used. Always use the yellow bolted meal for brown-bread and for any recipe for corn bread unless white meal is specified.

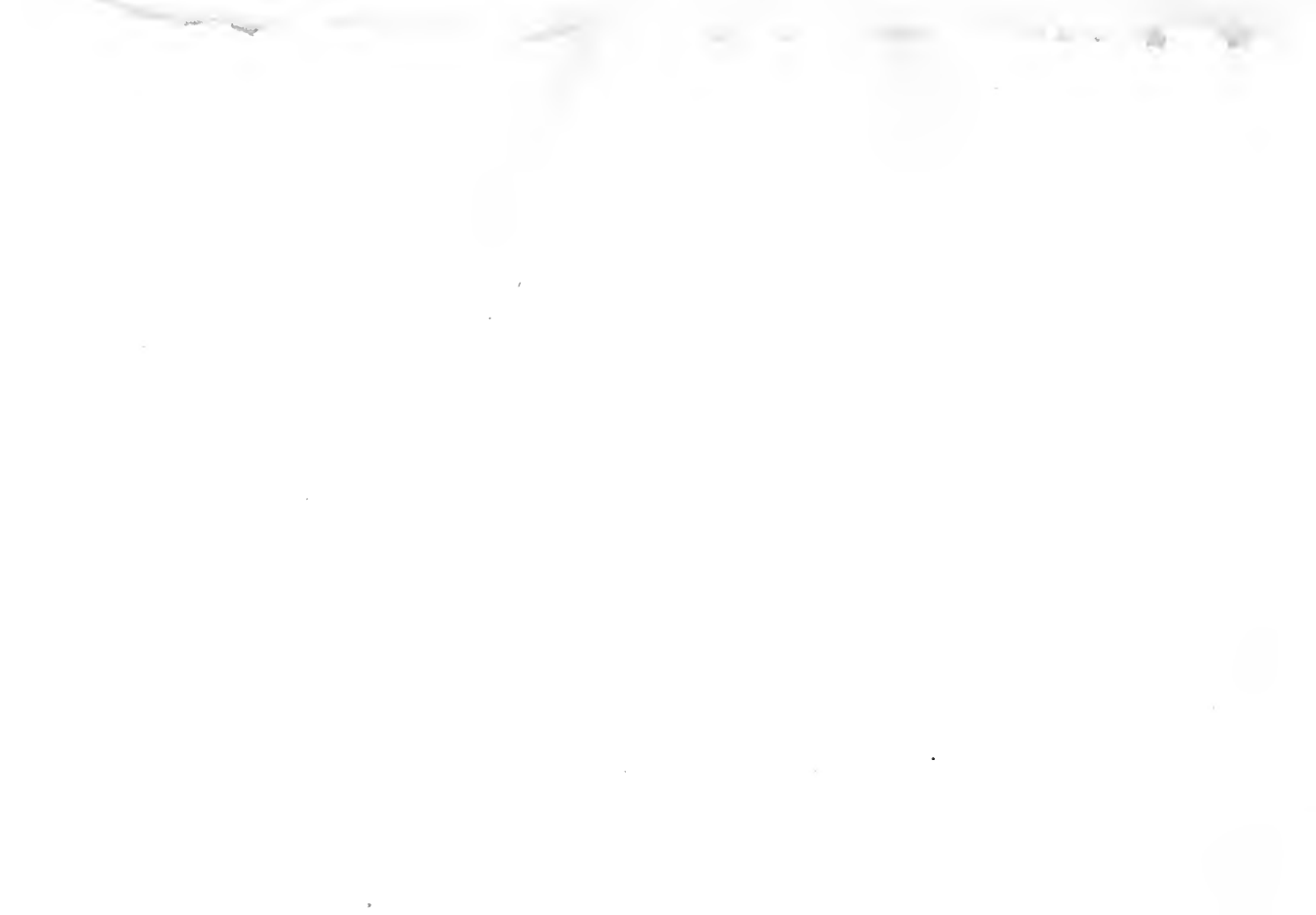
The yellow corn-meal flour is a little too fine, and the granulated meal, although I have tried it several times, seems to me too coarse and does not make as good bread. The white corn-meal flour is very good when a recipe is to be made with white meal, although I do not think it is quite as good as the Rhode Island white meal, especially for Rhode Island Johnny Cake. For Brown-Bread use rye meal, never rye

flour. Rye breads are generally better made with part rye meal and part rye flour. Mixing a little rye meal with the rye flour makes it more like the rye which New England farmers raise and have ground in the country, — bolted rye, which seems sweeter and a very little coarser than the ordinary rye flour.

If one wishes to double a recipe, or to have half the quantity made, it is a good plan to write it down and pin over the one in the book, as it is confusing for a cook to have to double or divide a recipe quickly.

The cup that I have used for measuring is a tin cone-shaped cup marked off into quarters, three inches high, two and a quarter inches across the bottom, and three inches across the top.

When anything for a recipe is to be measured in a tablespoon, be careful that the kitchen spoon used for measuring is really the size of an ordinary silver tablespoon, as the large kitchen spoons used for stirring are often twice the size.



## YEAST

FOUR MEDIUM-SIZED POTATOES.  
HALF A CUP OF FLOUR.  
ONE TABLESPOONFUL OF SALT.  
ONE TABLESPOONFUL OF HOPS  
(NOT HEAPING).  
HALF A CUP OF WHITE SUGAR.  
ONE QUART OF BOILING WATER.  
ONE CUP OF HOME-MADE YEAST,  
OR HALF A YEAST CAKE IN ONE  
CUP OF WATER.

NEVER use compressed hops for yeast. If possible, get hops raised the same year, as the fresh ones are better. Peel the potatoes, taking four just medium-sized, not four large ones, and let them stand in cold water for about an hour. Then cook them in boiling water, in a kettle or deep saucepan, closely covered. When they have been boiling hard ten or twelve minutes, take one tablespoonful of hops, and put them into another saucepan with a quart of cold water. Set it on the stove where the water will boil, so that as soon as the potatoes are cooked the hop water will be boiling. When the potatoes are done, drain them through a colander, and put them in the

## Y E A S T

yeast-bowl ; if there are any dark specks in them, cutting them out carefully. Mash them fine with a wooden pestle and sift in the salt, sugar, and flour. Mix all together, then strain the water from the hops into the tin quart measure, and as it will probably lack a spoonful or two of a full quart fill it up with boiling water from the tea-kettle. Pour this on to the potatoes gradually, mixing all well together. Leave it to cool and when nearly lukewarm (it does not do to have it hot, and if it is too cold the yeast will not rise well) add one cup of home-made yeast, or half a yeast cake in one cup of water ; stirring all well together, but after this is once stirred in do not stir the yeast again or it may prevent its rising. Cover very closely and let it rise until the next day.

In winter begin to make the yeast by ten or eleven in the forenoon, and put it in the yeast-jug after breakfast the next morning. In summer make it an hour or two



## YEAST

later, or the first of the afternoon will do, and if it is well risen put it in the jug early in the morning.

Have a good stone jug, with a tight cork, in which to keep the yeast. It is better to have a good-sized one — one that will hold as much as a quart more than the quantity of yeast made. As soon as the yeast is put in the jug stop it up closely and put it in the cellar. Keep in the cellar and always shake well before using. Whenever fresh yeast is made, the jug should be carefully washed, first once or twice with hot water, then two or three times with clear cold water, and the jug be left uncorked to air until the next day. In summer make the yeast fresh once a week; in winter, every ten days or a fortnight. A bowl holding three or four quarts is a good thing in which to make the yeast. Cover it closely with a large plate or the round wooden bread platter, and also in cold weather wrap a cloth closely about it.

## YEAST NO. 2

TWO MEDIUM-SIZED OR THREE SMALL POTATOES.

ONE TABLESPOONFUL OF SALT.

ONE HEAPING TABLESPOONFUL OF FLOUR.

HALF A CUP OF WHITE SUGAR.

ONE TABLESPOONFUL OF HOPS.

THREE PINTS OF BOILING WATER.

ONE CUP OF HOME-MADE YEAST OR HALF A  
YEAST CAKE IN ONE CUP OF WATER.

PEEL the potatoes and let them stand in cold water one hour and a half, then grate them very fine; put them in a porcelain-lined kettle; sift in the flour, sugar, and salt, add one pint and a half of boiling water gradually, stirring until smooth; let it cook six or seven minutes, stirring

continually. Have one tablespoonful of hops steeping in a pint and a half of boiling water. It is better, just before grating the potatoes, to put the hops with a pint and a half of boiling water in a saucepan and set it on the back of the stove. Strain the water from the hops on to the batter in the porcelain-lined kettle and cook eight or ten minutes, then turn into the yeast-bowl, let it cool, and when nearly lukewarm add one cup of yeast or half a yeast cake in one cup of water, stir all together thoroughly, cover it closely, and leave it to rise. This yeast rises very quickly and if made in the morning will have risen enough to put in the jug in the evening, or it can be made any time in the afternoon and put in the jug the next morning. On this account it is very convenient, but I prefer the first recipe for yeast.

## RAISED FLOUR LOAVES

TWO QUARTS OF FLOUR.

TWO-THIRDS OF A TABLESPOONFUL OF BUTTER.

HALF A TABLESPOONFUL OF LARD.

THREE CUPS OF LUKEWARM MILK.

ONE TEASPOONFUL OF SALT (HEAPING).

TWO-THIRDS OF A CUP OF HOME-MADE YEAST,

OR HALF A YEAST CAKE IN TWO-THIRDS OF  
A CUP OF MILK.

it a little warmer in winter than in summer. If it gets very hot on the stove, set it in a pan of cold water so as to have it just lukewarm before adding to the bread. This is a convenient way of warming the milk, as then you do not have to stop while mixing the bread, but have the milk already warm. Sift the salt with the flour, taking half a teaspoonful more salt if yeast cake is used. Rub in the butter and lard, then

ALWAYS warm the milk for all kinds of bread made with yeast, and the best way to do it is to put the milk into the tin quart measure and set it in a pan of hot water on the stove. Be sure that it is only just lukewarm before using, or there is danger of the bread being sour. I think it is well to have

## RAISED FLOUR LOAVES

add the yeast, and last of all the milk gradually, and knead well for twenty-five minutes, that is, from the time the milk is kneaded in. Never knead down, as this will make the dough heavy and soggy, but always tossing the dough up against the side of the bowl. Do not flour the hands or in any way add any more flour while kneading.

Bread is much nicer not made too stiff, and dough that is so soft that it is difficult to knead, and will stick to the hand at first, after five or ten minutes can be easily kneaded. Never dredge flour over the top of the dough, but as soon as it is done cover it closely and let it rise over night. In summer mix it in the evening, but in cold weather it is better to make it in the afternoon. In the morning make out quickly, using as little flour as possible, and put the loaves in buttered bread-pan. This quantity makes two small loaves, or one large loaf and cake-pan of rolls, that is, about seven or eight. Be sure that the bread has plenty of time to rise in the pans before baking, or it will not be good no matter how carefully made. If two small

## RAISED FLOUR LOAVES

loaves, let it rise till about even with top of pans, and a large loaf some way above the pan, before baking. Bake large loaf about an hour and a quarter. As this dough rises rather slowly, it is better not to try to have the rolls for breakfast, but leave the dough until later, and let it have nearly two hours to rise after making into rolls, before baking, and bake for lunch or early dinner. Or a good way to bake a little for breakfast is to put some of the dough on a buttered Washington pie tin, smoothing it out with the rolling-pin, very slightly or it will be heavy, and let it have plenty of time to rise before baking for breakfast. Raised bread can be made in the same way with lukewarm water instead of milk. But I do not think it is quite as nice, and it dries quickly. If the flour seems damp it is a good plan to put it in the oven for a few minutes, leaving the door open so that there may be no danger of its browning, and let it cool before mixing the dough. If preferred, take only butter for shortening: the same quantity of butter as would be used of butter and lard. Flour varies in stiffening, but it is a safe rule to mix the dough as soft as it can be well kneaded.

## GRAHAM BREAD WITH MILK

ONE QUART OF WHEAT FLOUR, SCANT.

ONE QUART, HEAPING FULL, OF GRAHAM FLOUR.

ONE TEASPOONFUL AND A HALF OF SALT.

ONE HEAPING TABLESPOONFUL AND A HALF OF BROWN SUGAR.

ONE TABLESPOONFUL OF MOLASSES.

QUARTER OF A TEASPOONFUL OF SODA DISSOLVED IN IT.

ONE PINT AND A HALF OF LUKEWARM MILK.

ONE-HALF OF A TABLESPOONFUL OF LARD.

THREE-QUARTERS OF A TABLESPOONFUL OF BUTTER.

THREE-QUARTERS OF A CUP OF HOME-MADE YEAST,  
OR HALF A YEAST CAKE IN THREE-QUARTERS OF  
A CUP OF MILK.

SIFT the graham flour very thoroughly, then sift the wheat flour with the brown sugar and salt. Rub in the butter and lard. Then add the molasses, first dissolving the soda very carefully in it. Next the yeast, and last of all knead in the milk gradually, having it just lukewarm. Now knead well for twenty minutes, not kneading down but tossing the dough up against the side of the bowl.

Graham dough is particularly apt to seem soft and sticky at first, but after kneading it awhile it will be found to be quite stiff enough. If half a yeast cake is used instead of home-made yeast, dissolve it in three-quarters of a cup of lukewarm milk.

## GRAHAM BREAD WITH MILK

In summer take a little less yeast. In winter it is better to knead the dough and set it to rise by five o'clock in the afternoon. In warmer weather mix it in the evening. Cover it closely and let it rise over night. In the morning make out into one large loaf and eight or nine biscuit, or, if preferred, into two small loaves, using as little flour, and making them out as quickly, as possible. Leave it in a warm place to rise, but if it is left where it is too hot, the graham dough will be sticky, and not bake well. Graham bread, whether loaves or biscuit, requires a long time to rise in the pans before baking — longer than flour bread — so that half the secret of having it good is to give it plenty of time, even if it takes three or four hours. For this reason it is better not to try to have graham biscuit for an early breakfast in winter. Of course in summer the dough rises more quickly, whether for loaves or biscuit, and need not be left so long in the pans before baking, but in winter it is better to leave the biscuit and bake them for lunch or an early dinner. The oven needs to be quite hot, but if graham loaves are baked too quickly they are apt to be doughy in the middle, owing to the molasses in the bread. If preferred, take only butter for shortening: the same quantity of butter as would be used of butter and lard. Flour varies in stiffening, but it is a safe rule to mix the dough as soft as it can be well kneaded.

## GRAHAM BREAD WITH WATER

THREE PINTS OF GRAHAM FLOUR, HEAPING FULL.

THREE SCANT PINTS OF WHEAT FLOUR.

TWO EVEN TEASPOONFULS OF SALT.

THREE-QUARTERS OF A CUP OF MOLASSES.

THREE-QUARTERS OF A TEASPOONFUL OF SODA.

ONE HEAPING TABLESPOONFUL OF LARD.

ONE CUP OF YEAST, OR THREE-QUARTERS OF A

YEAST CAKE IN ONE CUP OF LUKEWARM WATER.

ONE QUART OF LUKEWARM WATER.

SIFT the graham flour thoroughly.

Sift the wheat flour with the salt.

Rub in the lard (one very heaping tablespoonful), then add the molasses, first dissolving the soda very carefully in it. Mix in the yeast or the yeast cake dissolved in a cup of water. Add last of all the quart of lukewarm water. Knead well for

twenty minutes. Cover closely and let it rise over night.

In summer mix it in the evening, but in cold weather mix in the afternoon by four or five o'clock. In the morning make out into three small loaves or two medium-sized ones, or, if preferred, into one large loaf and a pan of biscuit. Let it have plenty of time to rise in the pans before baking, even if it takes three or four hours.



## RYE BREAD

ONE PINT OF RYE FLOUR.

ONE CUP AND A HALF OF RYE MEAL.

ONE EVEN QUART OF WHEAT FLOUR.

TWO CUPS OF LUKEWARM MILK.

HALF A CUP OF MOLASSES, WITH A SCANT HALF-  
TEASPOONFUL OF SODA DISSOLVED IN IT.

ONE VERY HEAPING TEASPOONFUL OF SALT.

THREE-QUARTERS OF A CUP OF YEAST, OR  
HALF A YEAST CAKE IN THREE-QUARTERS OF  
A CUP OF MILK.

TWO-THIRDS OF A TABLESPOONFUL OF BUTTER.

HALF A TABLESPOONFUL OF LARD.

SIFT the rye meal very thoroughly. Sift the salt with the rye and wheat flour. Then rub in the butter and lard, add the molasses, first dissolving the soda very carefully in it. Mix in the yeast, and last of all the milk gradually, having it just lukewarm. Knead well for twenty minutes. Cover it closely and let it rise over night. In the morning make into one very large or two small loaves. I think the small loaves are better for rye bread, as it is

more apt to be sticky and a little harder to bake than flour bread, but at any rate be sure that it has time to rise in the pans in a warm place before baking.

## POTATO BREAD

FOUR BOILED POTATOES.

THREE HEAPING PINTS OF FLOUR.

A TEASPOONFUL OF SALT.

ONE TABLESPOONFUL AND A THIRD OF BUTTER.

TWO CUPS OF LUKEWARM WATER.

A SCANT HALF-CUP OF YEAST, OR ONE-THIRD  
OF A YEAST CAKE IN A SCANT HALF-CUP OF  
LUKEWARM WATER.

WASH the potatoes, peel, and boil them in water enough to cover them. When done, drain them through the colander, to be sure they are quite dry. Mash them fine, add the salt, then rub in the butter, not melted. Let them cool a little. Sift in the flour, having three heaping pints

measured before sifted. Add the yeast, then mix in the water gradually. Have the water a little less than lukewarm, — not quite as warm as for other raised bread, on account of the warm potatoes. Knead well for fifteen or twenty minutes. Mix it in the evening; a little earlier in winter, by half-past five o'clock. Cover it closely and let it rise over night. This quantity makes one very large loaf, or one medium-sized one and a Washington pie tin, the latter made out in time to rise and bake for breakfast. Never use any but freshly boiled potatoes.

## BREAKFAST ROLLS

TWO PINTS AND A HALF OF FLOUR.

ONE FRESHLY BOILED POTATO, MEDIUM-SIZED.

THREE-QUARTERS OF A TABLESPOONFUL OF BUTTER.

ONE TEASPOONFUL OF LARD.

ONE TEASPOONFUL OF SALT.

ONE TABLESPOONFUL OF WHITE SUGAR.

ONE CUP AND A HALF OF LUKEWARM MILK.

HALF A CUP OF HOME-MADE YEAST, OR ONE-THIRD  
OF A YEAST CAKE IN HALF A CUP OF LUKEWARM  
MILK OR WATER.

PEEL and boil the potato, and as soon as it is done mash it fine, and let it cool a minute, but while it is still warm stir in the butter not melted. Sift the salt and sugar in with the flour. Rub in the teaspoonful of lard just even full. Add the yeast, then the milk gradually, and knead all well together fifteen or twenty min-

utes. (Twenty minutes is better.) Cover it closely and let it rise over night. In the morning, as early as possible, make out into rolls, using as little flour, and making

## BREAKFAST ROLLS

them up with the hands as quickly as possible, not into the round ball-shaped biscuit. I do not think bread is ever as light in this shape as in long narrow rolls. Make them three or four inches long, and place them in two rows in a buttered pan, or even longer, the width of a cake-pan (four or five inches). Place them very close together, and let them rise as long as possible in the pans before baking. If they are not to be baked until time for lunch, let them rise two hours, as it can easily be done when they do not have to be baked for breakfast. These can be made without the potato if preferred, but with potato they seem richer and lighter, and rise much more quickly. In cold weather it is better to make them up in the afternoon instead of in the evening. Or they are very nice made in precisely the same way as Lunch Rolls.

## LEXINGTON BISCUIT OR LUNCH ROLLS.

BUTTER THE SIZE OF A VERY LARGE EGG.

ONE HEAPING TABLESPOONFUL OF WHITE SUGAR.

TWO EGGS ; ONE WILL DO.

THREE PINTS OF FLOUR, MEASURED BEFORE SIFTED.

ONE PINT OF WARM MILK.

HALF A YEAST CAKE IN TWO-THIRDS CUP OF MILK.

IF HOME-MADE YEAST IS USED, TAKE TWO-THIRDS OF A  
CUP IN SUMMER ; A LITTLE MORE IN COLD WEATHER.

CREAM the butter and sugar together. Beat the eggs very thoroughly. Then mix with the butter and sugar. Stir in the milk and flour gradually, sifting in the flour ; add the yeast last thing, and beat all together for about ten minutes. Mix it in

the evening, cover it closely and let it rise over night. In the morning (as early as possible, if they are to be baked for breakfast) roll the dough on the pastry board with a rolling-pin, taking part at a time. Cut out with tin biscuit cutter about an inch thick, and place them in buttered gingerbread pans, taking care not to flatten the cakes, but rounding them up a little with the hands. Take three or four pans, as it does not do

## LEXINGTON BISCUIT OR LUNCH ROLLS.

to put more than four or five in each, or they will run together and spoil their shape. When about ten biscuit have been cut out, and laid carefully in the pans, cut out as many more the same thickness and place one on top of each of those already in the pans. Let them rise in a warm place an hour or more, or until just time to bake for breakfast. These are delicious rolls for lunch or tea. If for lunch set them to rise the evening before, — not too early, — not as early as if they were to be baked for breakfast. In the forenoon make them out in time to rise nearly two hours in the pans before baking for lunch. If for tea, set them to rise very early in the morning, cover them closely, and leave them in a warm place until afternoon. Make them out in time to rise well before baking. Bake in hot oven. If you have two round tin biscuit cutters, one a very little smaller than the other, it makes them a rather prettier shape to use the smaller one for the second layer.

## TEA ROLLS

ONE PINT OF WARM MILK.

ONE TABLESPOONFUL OF WHITE SUGAR.

TWO TABLESPOONFULS OF LARD.

ONE EVEN TEASPOONFUL AND ONE-HALF OF SALT.

FIVE CUPS AND A HALF OF FLOUR.

TWO-THIRDS OF A CUP OF YEAST, OR HALF A YEAST  
CAKE IN TWO-THIRDS OF A CUP OF MILK.

SIFT the salt with four cups of the flour and the sugar, then rub in the lard. Mix in the yeast and last of all stir in the milk gradually, having it just lukewarm, warmed in the same way as for raised loaves. Stir

all well together for eight or ten minutes, cover it closely and let it rise over night. In the morning any time before nine o'clock sift in the remainder of the flour and knead well for half an hour. Be sure to knead it the whole thirty minutes. Should the flour be sifted before measured, take six cups and a half instead of five and a half, mixing in five cups at night and one cup and a half the next morning. In very warm weather, when there might be danger of the thin batter souring, I think it is a

## TEA ROLLS

little safer to knead in all the flour at night, — five cups and a half before sifted, or six cups and a half after sifted, — kneading well for twenty minutes, and again for half an hour the next morning. Cover closely and let it rise until afternoon, and make the rolls out in time to rise two hours in the pans before baking for tea. If tea is to be at seven, begin making them out about four o'clock. Make the dough out with the hands into long narrow biscuit, using as little flour and making them up as quickly as possible. Place in buttered cake pans, having them just as long as the cake pan is wide, and putting them very close together so they will not spread apart and lose their shape. Or, if preferred, make into little narrow rolls, and place them in two rows in a buttered pan, but, in whatever shape, be sure that they have two hours to rise in the pan before baking. If baked in two rows, the pan should be nearly ten inches wide. Whatever pan is used make into narrow, rather long rolls and place close together.



## ROLLS OR POCKET-BOOKS

ONE QUART AND A HALF OF FLOUR.

TWO CUPS OF WARM MILK.

ONE TABLESPOONFUL OF WHITE SUGAR.

ONE TEASPOONFUL OF SALT.

ONE-THIRD OF A TABLESPOONFUL OF LARD.

TWO-THIRDS OF A TABLESPOONFUL OF BUTTER.

TWO-THIRDS OF A CUP OF YEAST, OR HALF

A YEAST CAKE IN TWO-THIRDS OF A CUP  
OF MILK. IN VERY WARM WEATHER

TAKE A LITTLE LESS YEAST.

SIFT the flour with the salt and sugar. Rub in the lard and the butter. Mix in the yeast, then the lukewarm milk, and knead well for twenty-five or thirty minutes. Cover closely and let it rise over night. In the morning, flour the pastry-board and rolling-pin, then take half the dough at a time, and roll out about half an inch thick. Cut out with a large tin biscuit-cutter, and in the middle of each

round put a little piece of butter no larger than a small bean; then fold one side down over it, which makes a little roll, something the shape of an old-fashioned

## ROLLS OR POCKET-BOOKS

pocket-book. Place them in buttered baking pans, and let them rise an hour and a half, or two hours, before baking. These rolls bake quickly, and are usually done in less than twenty minutes. They are not good unless they have plenty of time to rise in the pans before baking, so it is better not to try to have them for a very early breakfast. In very cold weather, it is better, if possible, to let them rise twice as long, as this makes them much lighter and nicer, that is, if they are mixed in the morning and kneaded, let them rise all day, and in the evening knead again about fifteen minutes. Cover them closely and let them rise over night and make out in time to rise in the pans before baking for breakfast. If they are for tea, mix them in the evening of the day before, let them rise over night, knead them again in the morning and let them rise until afternoon.

## FLANNEL ROLLS

TWO TABLESPOONFULS OF WHITE SUGAR.

FOUR TUMBLERS OF FLOUR, MEASURED BEFORE SIFTED.

ONE TUMBLER AND A HALF OF WARM MILK.

HALF A CUP OF YEAST, OR A THIRD OF A YEAST CAKE  
IN HALF A CUP OF MILK.

PIECE OF BUTTER, SIZE OF A LARGE EGG.

WHITES OF TWO EGGS.

IF they are to be baked for tea, the evening of the day before mix three tumblers of the flour, the butter, sugar, yeast, and milk, having the milk lukewarm as for raised loaves. Mix it thoroughly,

cover it closely and let it rise over night. In the morning add the remainder of the flour and the whites of two eggs, beaten until quite stiff. Knead well for fifteen minutes. Cover it closely again and let it rise until afternoon. Make out in the shape of tea rolls, or like the lunch rolls, cutting them out and placing two together. Be sure they have an hour and a half or two hours to rise in the pans before baking. If they are to be baked for breakfast, mix in the forenoon of the day before, adding the whites of eggs and tumbler of flour at night.

## SALLY LUNN

ONE-HALF CUP OF BUTTER.

ONE TABLESPOONFUL WHITE SUGAR.

TWO EGGS.

THREE PINTS OF FLOUR.

ONE PINT OF WARM MILK.

TWO-THIRDS OF A CUP OF YEAST, OR

HALF A YEAST CAKE IN TWO-  
THIRDS OF A CUP OF MILK.

CREAM the butter and sugar together, as if for cake. Then add the two eggs, which must first be well beaten. Mix together and sift in one pint of the flour; stir well, then add the milk and the remainder of the flour. The milk must be warmed in the same way as for raised loaves. Mix all together, and add yeast the last thing. Stir very thoroughly for seven or

eight minutes, and leave to rise over night. In the morning spread on two tin sheets, such as are used for thin gingerbread, and let it rise in a warm place until time to bake for breakfast. When baked cut in squares. Spread the batter on the tin sheets with a spoon, smoothing it a little with a knife, as it is too soft to be rolled out with a rolling-pin.

## FEATHER BISCUIT

ONE QUART AND A HALF OF FLOUR.

ONE PINT AND A HALF OF LUKEWARM MILK.

ONE-THIRD OF A CUP OF WHITE SUGAR.

ONE-THIRD OF A CUP OF BUTTER.

TWO EGGS.

TWO-THIRDS OF A CUP OF YEAST, OR HALF A  
YEAST CAKE IN TWO-THIRDS OF A CUP OF  
MILK.

CREAM the butter and sugar together. Add the eggs, first very well beaten. Mix all together, then sift in part of the flour (measure flour before sifting), add the milk and remainder of the flour, then the yeast, and mix all well together for eight or ten minutes. Cover closely and let it rise over

night. In the morning bake in gem roll pans. Have the gem pans slightly warmed and well buttered. Fill about three-quarters full and let the batter rise an hour or more. Be sure that they are well above the top of the pans before baking. Bake in hot oven.

## BREAKFAST MUFFINS WITH YEAST

MAKE in precisely the same way as feather biscuit, only, instead of baking them in the gem roll pans, butter the large dripping-pan and muffin-rings carefully ; lay the rings evenly in the pan, fill a little more than half full, and let them rise until well above top of the rings before baking. Bake in hot oven.

## MUFFINS BAKED ON THE GRIDDLE

ONE PINT SWEET MILK.

ONE EGG.

THREE SCANT CUPS OF FLOUR.

THREE HEAPING TEASPOONFULS OF BAKING POWDER.

HALF A TEASPOONFUL OF SALT.

IF PREFERRED, INSTEAD OF BAKING POWDER, TAKE  
ONE TEASPOONFUL OF SODA AND TWO OF CREAM  
OF TARTAR SIFTED TWICE WITH FLOUR.

MEASURE the flour after sifting, and sift with the baking powder. Add the salt, then the egg very well beaten. Stir in the milk gradually, mixing all well together. Butter the muffin-rings very carefully, or the muffins will stick to them. Have the griddle

well buttered and hot. Lay the rings evenly on it, and fill them three-quarters full with the batter.

Be sure and do not bake them on the hottest part of the stove or they will be doughy. Half the secret of having them good is not letting them cook too quickly. When the muffin is sufficiently done on one side, the ring can be easily slipped off, and the muffin turned with the griddle-cake turner. Raised rice muffins are very nice baked in the same way on the griddle.

## SNOW CAKES

ONE EVEN TABLESPOONFUL OF BUTTER.

TWO TEASPOONFULS OF WHITE SUGAR.

WHITES OF FOUR EGGS.

ONE PINT AND A HALF OF FLOUR.

THREE TEASPOONFULS OF BAKING POWDER.

ONE-THIRD OF A TEASPOONFUL OF SALT.

ONE PINT OF MILK.

CREAM the butter and sugar well together, then add the whites of eggs, which must first be beaten until very stiff. Mix well ; measure the flour before sifting, then sift with the baking powder. Stir in the flour and

milk gradually, add the salt and mix all thoroughly together.

Have the gem roll pan, well buttered and very hot, on top of the stove. Fill nearly full and bake in a hot oven twenty-five minutes.

These cakes are very nice for breakfast with an omelet, which can be made by adding two eggs to the four yolks.



## CASTLE CAKES

ONE TABLESPOONFUL OF BUTTER, HEAPING.

ONE TABLESPOONFUL OF WHITE SUGAR, HEAPING.

THREE EGGS.

TWO CUPS OF MILK.

THREE EVEN CUPS OF FLOUR.

TWO TEASPOONFULS OF CREAM OF TARTAR,

ONE TEASPOONFUL OF SODA; OR THREE TEASPOONFULS OF BAKING POWDER.

CREAM the butter and sugar together (one very heaping spoonful of sugar); then add the eggs, which must first be well beaten. Sift the flour (having the cups even full, not heaping) with the baking powder. Add the milk gradually, stirring all

well together. Have the gem pan (roll or cup-shaped, but the cup-shaped are a little better for these cakes), hot and well buttered, on top of the stove. Fill nearly full and bake in hot oven. If cream of tartar and soda are used, sift two even teaspoonfuls of cream of tartar with the flour, instead of the baking powder, and dissolve one even teaspoonful of soda in half a cup of the milk, beating it thoroughly with the milk for about a minute.

## BREAKFAST MUFFINS

ONE PINT OF SWEET MILK.

TWO EGGS.

THREE CUPS OF FLOUR.

THREE HEAPING TEASPOONFULS OF BAK-  
ING POWDER.

A PINCH OF SALT.

TWO TEASPOONFULS OF BUTTER.

well buttered and very hot, on top of the stove. Fill with the batter, nearly full, and bake in a hot oven, twenty or twenty-five minutes.

MEASURE the flour after sifting, then sift with the baking powder ; add a pinch of salt. Then add half the milk, stir well, then the two eggs, first thoroughly beaten, then the remainder of the milk and the butter, which should first be melted. Beat all together eight or ten minutes. Have the gem pan,

## RICE MUFFINS

THREE CUPS OF FLOUR.

THREE EGGS.

TWO TEASPOONFULS OF BUTTER.

HALF A TEASPOONFUL OF SALT.

THREE HEAPING TEASPOONFULS OF BAKING POWDER.

TWO CUPS AND A HALF OF MILK.

ONE SCANT CUP OF BOILED RICE.

TWO TEASPOONFULS OF WHITE SUGAR.

SIFT the flour (three even cups, measured before sifted) with the baking powder. Add the salt, then stir in part of the milk; next the sugar and the remainder of the milk, then the eggs well beaten. Stir well together, and add the butter

melted (two teaspoonfuls, measured before melted). Add the rice, last thing, and stir all well together for four or five minutes. Butter the large dripping-pan and the muffin-rings carefully. Lay them evenly in the pan and fill nearly full with the batter, and bake immediately.

## BREAKFAST CAKE

THREE EGGS.

ONE TABLESPOONFUL OF BUTTER.

ONE TABLESPOONFUL OF WHITE SUGAR.

FOUR CUPS OF FLOUR.

THREE HEAPING TEASPOONFULS OF BAKING  
POWDER.

A PINCH OF SALT.

A PINT OF MILK.

Mix the butter and sugar well together, then add the eggs, which must first be thoroughly beaten. Stir together, and sift in the baking powder with half the flour ; stir well, then add the milk and the remainder of the flour with pinch of salt. Beat thoroughly for five or six minutes. Bake in two buttered cake pans, in hot oven.

## COTTAGE CAKES

HALF A TABLESPOONFUL OF BUTTER.

TWO CUPS OF FLOUR, HEAPING.

HALF A TEASPOONFUL OF SALT.

TWO HEAPING TEASPOONFULS OF BAKING POWDER.

ONE EGG.

ONE CUP OF SWEET, COLD MILK.

MEASURE the flour before sifted, two very heaping cups, then sift with the baking powder and salt. Rub the butter well into this, then add the milk gradually, stirring well, but mixing as quickly as possible.

Last of all, add the egg, which must first be well beaten. Drop with spoon into buttered pan, a heaping spoonful to each cake, not smoothing them over, but leaving them uneven. Bake in hot oven fifteen or twenty minutes. This quantity makes exactly one gingerbread pan full. Place close together in the pan.

## COTTAGE CAKES WITH SOUR CREAM

ONE TUMBLER OF SOUR CREAM.

TWO EVEN TUMBLERS OF FLOUR.

THREE-QUARTERS OF TEASPOONFUL OF SODA.

TWO-THIRDS OF TEASPOONFUL OF CREAM OF TARTAR.

ONE-HALF TEASPOONFUL OF SALT.

ONE EGG.

with baking powder. If the cream is not very sour take three-quarters of a teaspoonful of cream of tartar.

SIFT the soda, cream of tartar, and salt with the flour, which is measured before sifted. Stir in the sour cream, add the egg well beaten, drop into buttered pans, and bake in the same way as cottage cakes

## HOMINY MUFFINS, NO. 1

ONE EVEN TABLESPOONFUL OF BUTTER.

ONE TABLESPOONFUL OF WHITE SUGAR.

TWO EGGS.

THREE CUPS OF FLOUR.

TWO CUPS OF MILK.

ONE VERY SCANT CUP OF BOILED HOMINY.

HALF A TEASPOONFUL OF SALT.

THREE TEASPOONFULS OF BAKING POWDER.

CREAM the butter and sugar together, then mix with the eggs, which should first be very well beaten ; add the hominy, beating all well together. The hominy should be cold, or just lukewarm, for if it is hot the muffins will be liable to be heavy. Stir in the flour, sifting it in with the baking powder. Add the salt, and last of

all stir in the milk gradually, mixing quickly but thoroughly. Butter the dripping-pan and muffin-rings carefully, place the rings evenly in the pan, fill nearly full with the batter, and bake in hot oven ; or bake in gem roll pan, having it very hot and well buttered before filling. Rice Muffins are very nice made in precisely the same way.

## SALLY LUNNS WITH BAKING POWDER

ONE EGG.

TWO-THIRDS OF A TABLESPOONFUL OF  
BUTTER.

TWO TEASPOONFULS OF WHITE SUGAR.

TWO HEAPING CUPS OF FLOUR.

TWO HEAPING TEASPOONFULS OF BAKING  
POWDER.

ONE CUP AND A QUARTER OF MILK.

HALF A TEASPOONFUL OF SALT.

SIFT the sugar and baking powder with the flour, add the salt, then rub in the butter, stir in the milk gradually, and last of all add the egg, which should first be well beaten. Bake in one buttered gingerbread pan.



## STRAWBERRY SHORTCAKE

TWO BOXES OF STRAWBERRIES.

TWO CUPS OF POWDERED SUGAR.

ONE QUART OF FLOUR.

ONE TEASPOONFUL OF SODA AND  
TWO OF CREAM OF TARTAR, OR  
FOUR OF BAKING POWDER.

ONE PINT OF MILK.

ONE TABLESPOONFUL LARD.

HALF A CUP OF BUTTER.

quickly, and using as little flour as possible, half the dough, which will just fill one deep Washington pie tin. Fill another tin with the other half in the same way, as this receipt makes just two shortcakes. Bake in a very hot oven, taking care that

Mix the strawberries and sugar together in a bowl just before making the shortcake. Take one full quart of flour, measured before sifted, then sift with cream of tartar and soda, or baking powder (whichever is preferred). Mix well with the butter and lard, rubbing them in with the hands. Then stir in with a spoon the milk, which must be sweet and cold. Then roll out on the pastry-board

## STRAWBERRY SHORTCAKE

the top does not bake too brown, — not as brown as biscuit. Split carefully, and butter well. Fill each with half the strawberries and sugar. Dredge powdered sugar over the top of the cake. Wrap in a cloth to keep warm and soft. Great care must be taken, in splitting the shortcake, that the top does not break; but if it should fall to pieces do not think that the cake is ruined, for if the pieces are laid evenly together immediately, while hot and moist, and covered with the powdered sugar, the cake will look whole and nice. Serve the shortcake with cream and sugar, or, if preferred, place it in a large dish and cover with whipped cream, slightly sweetened. If the shortcake has got cold, I think it nicer warmed a little. Raspberry shortcake can be made in precisely the same way, but with one cup and a half of powdered sugar instead of two cups. This receipt can easily be divided if wished, and only one shortcake made instead of two.

## STRAWBERRY SHORTCAKE, NO. 2

TWO BOXES OF STRAWBERRIES.

ONE CUP AND A HALF OF POWDERED SUGAR.

FOUR HEAPING CUPS OF FLOUR.

ONE VERY HEAPING CUP OF BUTTER.

TWO TABLESPOONFULS OF GRANULATED SUGAR.

TWO CUPS OF MILK.

FOUR TEASPOONFULS OF BAKING POWDER.

ONE EGG.

SIFT the flour with the baking powder and granulated sugar; rub in the butter; add the milk gradually, mixing quickly but thoroughly; and last of all stir in the egg, which should first be well beaten.

Bake in two buttered Washington pie tins, spreading the dough on with a spoon, as it is a little too soft to roll

out with the rolling-pin. Bake a light brown in hot oven. Have the strawberries mixed with the powdered sugar, split and butter the cakes while hot, filling each with half the strawberries. Dredge powdered sugar over the top of the cakes, wrap in cloth to keep warm, and serve with sweetened whipped cream, or cream and sugar. This recipe can easily be divided, if wished, and only one shortcake made instead of two.

## PEACH SHORTCAKE

ONE QUART OF FLOUR.

ONE PINT OF MILK.

THREE HEAPING TEASPOONFULS BAKING POWDER.

HALF A CUP OF BUTTER.

ONE TABLESPOONFUL OF LARD.

FOURTEEN OR FIFTEEN RIPE PEACHES.

FOUR TABLESPOONFULS OF GRANULATED SUGAR.

MEASURE the flour before sifting, and sift with the baking powder, then rub the butter and lard well into the flour. Add the milk gradually, stirring well, but mixing as quickly as possible. Flour the pastry-board and rolling-pin. Roll out half the dough

at a time, and put it on a well-buttered, large Washington pie tin, or very large pie plate. This recipe makes two shortcakes, or two tins or plates full. Have the peaches peeled and cut in quarters, place them on top of the shortcake, as many as possible, pressing them into the dough, the inside of the peach up. Sprinkle about two spoonfuls of sugar over the top of each cake, and bake in hot oven. Wrap in a cloth to keep warm, or, if it gets cold, put it in the oven and heat it through before sending to the table. Serve with sweetened whipped cream, or, if preferred, with cream and sugar. Peach shortcake can be made in the same way as strawberry shortcake, by splitting the cake carefully after it is baked, buttering it a little, and filling it with cut-up peaches and sugar. Dredge powdered sugar over the top.

## RICH SHORTCAKE

ONE PINT OF SOUR MILK.

ONE HEAPING QUART OF FLOUR.

ONE CUP OF BUTTER, HEAPING.

ONE TEASPOONFUL OF SODA.

ONE SCANT TEASPOONFUL OF CREAM  
OF TARTAR.

MEASURE the flour before sifting, and have the quart heaping full, then sift very carefully twice, with the cream of tartar and soda, having a full teaspoon of soda and scant teaspoonful of cream of tartar. Rub the butter (a heaping cup) well in with the flour. Add the sour milk gradually, stirring thoroughly, but mixing all as quickly as possible. Bake a teaspoonful or two for a taster, as the sour milk varies, and if the dough tastes of the soda or cream of tartar it can easily be remedied by sifting in a little of whichever is needed, with a spoonful or two of flour. Flour the pastry-board and rolling-pin, and roll out about half an inch thick. Cut out with tin biscuit cutter, and place them in buttered baking pans a little way apart. Bake in hot oven, taking care not to bake them too brown.

These shortcakes are very nice for an afternoon tea. Bake them in the forenoon, and split and butter them while a little warm. If preferred, one pint of sweet, cold milk and four teaspoonfuls of baking powder can be used instead of sour milk and cream of tartar and soda, but I do not think they are quite as good as those made with sour milk.

## PLAIN SHORTCAKE

ONE QUART OF FLOUR.

TWO CUPS OF SWEET, COLD MILK.

ONE TEASPOONFUL OF SALT.

ONE TABLESPOONFUL OF BUTTER, HEAPING.

ONE EVEN TABLESPOONFUL OF LARD.

FOUR HEAPING TEASPOONFULS OF BAKING  
POWDER, OR ONE TEASPOONFUL OF SODA  
AND TWO OF CREAM OF TARTAR.

SIFT the baking powder, or the cream of tartar and soda (whichever is used), twice with the flour and salt; rub in the shortening, and mix in the same way as Rich Shortcake. Flour varies in stiffening, but it is better to have the shortcake as soft as it can be rolled out. Flour the pastry-board and rolling-pin, roll out about an inch thick,

cut out with tin biscuit cutter. Place in buttered pans, and bake a light brown in hot oven; or it is very nice rolled out on two Washington pie tins. This quantity just makes two tins full. If preferred, use only butter for shortening, taking three-quarters of a cupful.

## SOUR CREAM CAKES

TWO CUPS SOUR CREAM.

ONE TEASPOONFUL OF SODA.

HALF-TEASPOONFUL CREAM OF TARTAR.

ABOUT A THIRD-TEASPOONFUL SALT.

ONE QUART OF FLOUR.

MEASURE flour before sifting, then sift twice with the soda, cream of tartar, and salt. Then add the cream, stirring thoroughly seven or eight minutes. Roll out on the pastry-board, cut out with a tin cutter. They should be about

an inch thick, or they are very nice rolled out a little over half an inch and two laid together. Bake in a *very* hot oven. If the cream is not very sour take a scant teaspoonful of cream of tartar.

## EXETER RYE DROP CAKES

TWO CUPS AND A HALF OF RYE FLOUR.

HALF A CUP OF RYE MEAL.

ONE CUP OF WHEAT FLOUR.

ONE TEASPOONFUL OF SALT.

THREE CUPS AND A HALF OF MILK.

FOUR EGGS.

SIFT the rye flour and the rye meal thoroughly, then sift the wheat flour with the salt. Stir in the milk gradually, and add the eggs, which must first be beaten very thoroughly with the egg-beater for five or six minutes.

As there is no shortening in these cakes, they

are much better when made with rich milk. They can be made entirely with the rye and wheat flour, but are a little nicer with the half-cup of rye meal. Have the iron gem pans, roll or cup-shaped, very well buttered and *very hot*, on top of the stove. Fill full while still on the stove, and bake in hot oven. This receipt makes a large quantity, and half of it is enough for a small family, but it can easily be divided.



## EXETER RYE CAKES NO. 2

A TEASPOONFUL OF BROWN SUGAR.  
ONE HEAPING CUP OF WHEAT FLOUR.  
ONE SCANT CUP OF RYE MEAL.  
ONE CUP OF RYE FLOUR.  
THREE EGGS.  
THREE CUPS OF MILK.  
HALF A TEASPOONFUL OF SALT.  
ONE TEASPOONFUL OF BUTTER.

SIFT the wheat flour and rye flour with the salt and sugar. Sift the rye meal very thoroughly, then add part of the milk, stirring until smooth. Add the eggs, first well beaten, then the remainder of the milk, and, last of all, the butter, melted (a teaspoonful, measured before melted). Beat all together, and bake in iron gem pans, roll or cup-shaped, well buttered, and very hot.

## RYE DROP CAKES NO. 3

ONE PINT OF RYE MEAL.

ONE HALF-PINT OF FLOUR.

A PINCH OF SALT.

ONE TEASPOONFUL OF BROWN SUGAR.

ONE AND A HALF PINTS OF MILK.

THREE EGGS.

ONE TABLESPOONFUL OF MELTED BUT-  
TER, WHICH IS ONLY ABOUT HALF  
A TABLESPOONFUL BEFORE MELTED.

MEASURE the rye before sifting, then sift well, and add half a pint of flour, also measured before sifted, a pinch of salt, a teaspoonful of brown sugar, one tablespoonful of melted butter ; then add the pint and a half of milk, gradually, stirring well ; then three eggs very well beaten, and mix all together. Bake in iron gem pan, cup-shaped. Have the gem pan, well buttered and very hot, on top of the stove. Fill with the

batter while still on the stove. Bake in hot oven.

## RYE DROP CAKES NO. 4

TWO EGGS.

THREE CUPS OF MILK.

ONE TEASPOONFUL OF SODA.

TWO TEASPOONFULS OF CREAM OF TARTAR.

HALF A TABLESPOONFUL OF BUTTER.

ONE EVEN TEASPOONFUL OF SALT.

A CUP AND A HALF OF RYE MEAL.

TWO CUPS OF WHEAT FLOUR, MEASURED  
BEFORE SIFTED.

TWO TEASPOONFULS OF WHITE SUGAR.

MIX in the same way as Rye Drop Cakes No. 2, and bake in the gem pan, roll or cup-shaped, having it well buttered and very hot.

## SOUR CREAM RYE CAKES

TWO CUPS OF SOUR CREAM.

TWO CUPS AND A HALF OF RYE FLOUR.

ONE CUP OF WHEAT FLOUR.

ONE TEASPOONFUL OF BROWN SUGAR.

ONE EVEN TEASPOONFUL OF SODA.

THREE-QUARTERS OF A TEASPOONFUL OF  
CREAM OF TARTAR.

ONE TEASPOONFUL OF SALT.

ONE EGG.

large cakes. Do not smooth them over the top, but leave them uneven. Bake in hot oven. This quantity makes nine or ten cakes.

SIFT the cup of flour twice with the cream of tartar and soda, then sift the rye with the sugar and salt. Stir in the sour cream, or if the cream is very rich take two-thirds sour cream and one-third sour milk, and last of all the egg well beaten. Drop with spoon into buttered pans, about two heaping spoonfuls to each cake, which makes quite

## BROWN BETTIES

ONE VERY HEAPING CUP OF RYE MEAL.

ONE VERY SCANT CUP OF WHEAT FLOUR.

ONE CUP AND A THIRD OF SOUR MILK.

THREE-QUARTERS OF A TEASPOONFUL OF SALT.

THREE-QUARTERS OF A TEASPOONFUL OF SODA.

TWO TABLESPOONFULS OF MOLASSES.

TAKE a cup as heaping full as it will hold of rye meal, sift very thoroughly, then sift one very scant cup of flour with the salt and soda. Stir in the molasses, and last of all the sour milk. Mix well together, stirring until quite smooth.

Drop with a teaspoon into very hot lard, frying them in the same way as doughnuts, but fry them a little darker brown. They are very nice for breakfast or lunch, with hot coffee.

## MAINE RYE CAKES

ONE TUMBLER AND A HALF OF RYE FLOUR.

THREE-QUARTERS OF A TUMBLER OF WHEAT FLOUR.

ONE TABLESPOONFUL OF WHITE SUGAR.

ONE TUMBLER OF SOUR CREAM.

ONE TUMBLER OF SOUR MILK.

THREE-QUARTERS OF A TEASPOONFUL OF SALT.

TWO EGGS.

ONE SCANT TEASPOONFUL OF SODA.

HALF A TEASPOONFUL OF CREAM OF TARTAR.

two eggs, very well beaten. Have the gem roll pan, well buttered and very hot, on top of the stove. Fill nearly full, and bake in hot oven.

SIFT the rye flour with the salt and sugar, and the wheat flour with the cream of tartar. Dissolve the soda carefully in a spoonful of sweet milk, then fill up the tumbler with sour milk, and stir this and the tumbler of sour cream gradually into the rye and flour. Last of all add the

## RYE SHORTCAKE

TWO CUPS OF RYE FLOUR.

ONE CUP OF RYE MEAL.

ONE CUP AND A HALF OF WHEAT FLOUR.

ONE TEASPOONFUL OF BROWN SUGAR.

ONE EVEN TEASPOONFUL OF SALT.

ONE TEASPOONFUL OF LARD.

HALF A CUP OF BUTTER.

FOUR HEAPING TEASPOONFULS OF BAKING  
POWDER.

TWO CUPS AND A THIRD OF SWEET, COLD  
MILK.

SIFT the rye meal and rye flour very thoroughly with the salt and brown sugar, then sift the wheat flour with the baking powder. Mix all together, and into this rub the butter and lard. Add the milk gradually, stirring very well, but mixing as quickly as possible. Flour the pastry-board and rolling-pin. Take half the dough at a time and roll out nearly half an inch thick. Cut out with tin biscuit cutter, place them in buttered pans, and bake in hot oven.

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RYE FIRE CAKE can be made in precisely the same way, only roll the dough on buttered tin gingerbread sheets, as thin as it can be rolled. Bake a light brown in hot oven, and when baked cut in square pieces.

## RYE MUFFINS

ONE PINT AND A HALF OF RYE FLOUR.

ONE PINT OF WHEAT FLOUR.

TWO TABLESPOONFULS OF MOLASSES.

HALF A TEASPOONFUL OF SODA.

ONE EVEN TEASPOONFUL OF SALT.

ONE TEASPOONFUL OF BROWN SUGAR.

ONE TABLESPOONFUL OF BUTTER, HEAPING.

TWO CUPS AND A QUARTER OF LUKEWARM MILK.

TWO-THIRDS OF A CUP OF YEAST, OR HALF A YEAST  
CAKE IN TWO-THIRDS OF A CUP OF MILK.

IN VERY WARM WEATHER TAKE HALF A CUP OF  
YEAST OR A LITTLE OVER A THIRD OF A YEAST  
CAKE IN HALF A CUP OF MILK.

and let them rise until well up above the top of the rings, and bake in hot oven.

SIFT the rye and wheat flour with the salt and sugar, stir in the butter, melted, then the molasses, with the soda dissolved in it. Add the milk gradually, stirring well, then the yeast, and stir all well together for eight or ten minutes. Cover it closely, and let it rise over night. In the morning butter the dripping-pan and muffin-rings carefully, lay the rings evenly in the pan, and fill with the batter about two-thirds full,



## FLOUR DROP CAKES, NO. 1

THREE EGGS.

ONE PINT AND A HALF OF FLOUR,  
MEASURED AFTER SIFTED.

A GOOD PINCH OF SALT.

ONE EVEN TEASPOONFUL OF BUTTER.

ONE PINT AND A HALF OF MILK.

BEAT the eggs with egg-beater for eight or ten minutes, then stir in the flour and milk. Add the salt, and last of all the melted butter, which must be an even teaspoonful before melting. They usually take twenty-five or thirty minutes to bake in gem pans, and five minutes more in earthen cups.

It is nearly as important to have fresh, new-laid eggs for Drop Cakes as for Sponge Cake. Break the eggs and place them in the ice-box for a little while. Be sure that the milk is also cold. Warm the iron gem pans, roll or cup-shaped, then butter well, and put on top of the stove to get *very hot*. Fill a little over three-quarters full while the pan is still on the stove, then bake in hot oven. If earthen cups are used, they need be only a little more than half filled. Heat the cups, then butter them, and place them evenly in a bake-pan on the table, as in this way it is easier to pour in the batter and carry them to the oven. Take them from the pan before putting them in the oven, as the cups are too thick to bake set in a pan. If the stove-covers are lifted the drop cakes are liable to fall and be heavy, so it is better not to have them when there is fish or meat that will take long to broil for breakfast.

## RICH SOFT DROP CAKES, NO. 2

THREE EGGS.

HALF A PINT OF FLOUR, MEASURED  
BEFORE SIFTED.

ONE PINT OF MILK.

ONE-THIRD OF A TABLESPOONFUL OF  
BUTTER, MEASURED BEFORE MELTED.

Mix and bake in precisely the same way as  
Drop Cakes No. 1, only they bake in less time,  
twenty or twenty-five minutes.

## FLOUR DROP CAKES, NO. 3

TWO EGGS.

TWO CUPS OF FLOUR.

TWO CUPS OF MILK.

A PINCH OF SALT.

BEAT the eggs well, then stir in the flour and milk, measuring the flour after sifting, and having the cups only just even full. Add good pinch of salt. Bake in the same way as Drop Cakes No. 1. This makes eleven or twelve, baked in the earthen cups.

## CREAM OF TARTAR OR BAKING POWDER BISCUIT

TWO CUPS OF FLOUR, SCANT, AND MEASURED AFTER  
SIFTED.

TWO HEAPING TEASPOONFULS OF BAKING POWDER,  
OR HALF A TEASPOONFUL OF SODA AND ONE  
TEASPOONFUL OF CREAM OF TARTAR.

TWO HEAPING TEASPOONFULS OF BUTTER.

A PINCH OF SALT.

THREE-QUARTERS OF A CUP OF MILK.

SIFT the baking powder, or cream of tartar and soda, with the flour. Add the salt, then rub in the butter. Stir in the milk, and mix all well together. Roll the dough out about an inch thick on the pastry-board, cut out with tin biscuit cutter, and bake in hot oven. This recipe

makes only a few biscuits, but the quantity can easily be doubled if wished.

## WHEAT OR FLOUR GEMS

ONE QUART OF WHEAT OR FLOUR.

ONE PINT OF COLD MILK.

ONE PINT OF COLD WATER.

THREE-QUARTERS OF A TEASPOONFUL OF SALT.

POUR one pint of milk into the tin quart, then add a little piece of ice, and fill up the quart with cold water.

Sift the wheat or flour (an even quart, measured before sifted) with the salt, then stir in the milk and water gradually, and mix well for five or six minutes. Have the iron gem pan (roll or cup-shaped, but the roll pan is better), well buttered and very hot, on top of the stove. Be sure that it has been on the stove long enough to get thoroughly heated. To have the gem pan hot is particularly important for these biscuit. Fill full while still on the stove, and bake in very hot oven about thirty-five minutes. For these cakes always use an iron gem pan.

## GRAHAM ROLLS WITH YEAST

ONE PINT AND A HALF OF WHEAT FLOUR.

ONE VERY HEAPING PINT AND A HALF OF GRAHAM FLOUR.

ONE TABLESPOONFUL OF BROWN SUGAR.

ONE-THIRD OF A CUP OF MOLASSES, WITH A THIRD OF  
A TEASPOONFUL OF SODA DISSOLVED IN IT.

THREE-QUARTERS OF A TABLESPOONFUL OF BUTTER.

HALF A TABLESPOONFUL OF LARD.

ONE TEASPOONFUL OF SALT.

THREE-QUARTERS OF A CUP OF YEAST, OR HALF A YEAST  
CAKE IN THREE-QUARTERS OF A CUP OF MILK.

ONE CUP AND A HALF OF LUKEWARM MILK.

SIFT the graham flour thoroughly, taking a very heaping measure before sifted. Sift the salt and brown sugar with the wheat flour, taking a scant measure of the flour. Rub in the butter and lard. Add the molasses, mixing all well together. Next the yeast, and last of all the lukewarm milk, gradually.

## GRAHAM ROLLS WITH YEAST

Knead well for fifteen minutes. Mix it in the evening, cover it closely, and let it rise all night. In the morning make into long, rather narrow rolls, the same shape as Breakfast Rolls. Make them out as early and let them rise as long as possible in the pan before baking for breakfast. Or butter the dripping-pan and muffin-rings carefully, lay the rings evenly in the pan, and fill with the dough about half full, letting it rise well above the top of the rings before baking. If the graham rolls are to be baked for lunch or an early dinner, make them out in the forenoon, early enough to have about two hours to rise in the pan before baking.

## GRAHAM BANNOCK

TWO CUPS OF GRAHAM FLOUR.

ONE CUP OF WHEAT FLOUR.

ONE CUP AND A QUARTER OF MILK.

ONE TEASPOONFUL OF BROWN SUGAR.

ONE HEAPING TEASPOONFUL OF SALT.

ONE TEASPOONFUL OF BUTTER.

ONE SCANT TEASPOONFUL OF LARD.

TWO HEAPING TEASPOONFULS OF BAKING  
POWDER.

thin, but it is much better so. Bake in hot oven a light brown. When done cut in squares.

SIFT the sugar with the graham flour and the salt, sifting the graham very thoroughly. Sift the baking powder with the flour. Stir this well together, then rub in the butter and lard ; last of all add the milk gradually, stirring well, but mixing as quickly as possible. Butter two tin gingerbread sheets, flour the rolling-pin well, and roll the dough out until the tins are covered. Of course this is very



## GRAHAM ROLLS IN GEM PAN

ONE SCANT CUP OF WHEAT FLOUR.

THREE TEASPOONFULS BAKING POWDER.

A PINCH OF SALT.

TWO CUPS OF GRAHAM FLOUR.

TWO CUPS OF MILK.

TWO HEAPING TEASPOONFULS OF BUTTER.

ONE TABLESPOONFUL OF BROWN SUGAR.

ONE TEASPOONFUL WHITE SUGAR.

ONE EGG.

roll pans, well buttered and very hot.

THE two cups of graham flour should be measured heaping full, and then well sifted. Into this sift a scant cup of flour and the baking powder, with a heaping teaspoonful of sugar and the salt. Then stir in the milk gradually, then the egg well beaten. Last of all, add the butter, melted, which should measure two teaspoonfuls before melting. Bake in iron

## GRAHAM ROLLS IN GEM PAN, NO. 2

ONE CUP AND A HALF, HEAPING, OF GRAHAM  
FLOUR.

ONE SCANT CUP AND A HALF OF WHEAT FLOUR.

ONE TEASPOONFUL OF SALT.

ONE TEASPOONFUL OF SODA.

TWO TEASPOONFULS OF CREAM OF TARTAR.

ONE CUP AND A HALF OF MILK.

TWO TABLESPOONFULS OF MOLASSES.

TWO EGGS; ONE WILL DO.

TWO TEASPOONFULS OF BUTTER.

SIFT the graham thoroughly with the salt, and sift the wheat flour with the cream of tartar and soda. Stir in the milk gradually, and add the molasses, then the butter melted; last of all the two eggs, first very well beaten. Have the iron gem pan well buttered and very hot. Fill full while still on the stove, and bake in hot oven.

## GRAHAM SHORTCAKE

ONE PINT, HEAPING, OF GRAHAM FLOUR.

ONE PINT OF WHEAT FLOUR.

ONE TEASPOONFUL OF BROWN SUGAR.

ONE VERY HEAPING TABLESPOONFUL OF BUTTER.

THREE-QUARTERS OF A TEASPOONFUL OF SALT.

ONE PINT OF SOUR MILK.

ONE EVEN TEASPOONFUL OF SODA.

ONE EVEN TEASPOONFUL OF CREAM OF TARTAR.

OR, INSTEAD, ONE PINT OF SWEET MILK, AND

FOUR TEASPOONFULS OF BAKING POWDER.

SIFT the salt and sugar with the graham flour, and the cream of tartar and soda, or the baking powder (whichever is used), twice with the flour. Rub in the butter, and add the milk gradually, stirring the dough well, but mixing it quickly. Drop with spoon into buttered baking pan, nearly two spoonfuls to each cake, not smoothing them over the top. Bake in

very hot oven. This quantity makes twelve or thirteen cakes. If sweet milk and baking powder are used, take nearly twice as much shortening, that is, two tablespoonfuls of butter, and roll the dough out on the pastry-board about three-quarters of an inch thick. Cut out with tin biscuit cutter, and place in buttered pans. Bake in hot oven.

## GRAHAM BISCUIT

TWO CUPS AND A HALF OF GRAHAM FLOUR.

ONE HEAPING CUP OF WHITE FLOUR.

TWO CUPS AND A QUARTER OF MILK.

ONE TABLESPOONFUL OF BUTTER.

ONE TABLESPOONFUL OF WHITE SUGAR.

HALF A TEASPOONFUL OF SALT.

THREE TEASPOONFULS OF BAKING POWDER.

should be measured even full before melting.  
cup-shaped.

SIFT the graham flour thoroughly, then add the flour, baking powder (the three teaspoons should be very full of baking powder, as no eggs are used), sugar, and salt, sifting all together. Mix this with the milk, beating very thoroughly. Last of all add the butter, melted. The tablespoon

## GRAHAM MUFFINS

ONE HEAPING PINT OF GRAHAM FLOUR.

ONE EVEN PINT OF WHEAT FLOUR.

ONE TABLESPOONFUL OF MOLASSES.

TWO TEASPOONFULS OF BROWN SUGAR.

ONE-HALF OF A TEASPOONFUL OF SODA.

ONE EVEN TEASPOONFUL OF SALT.

ONE CUP AND A HALF OF LUKEWARM MILK.

ONE TABLESPOONFUL OF BUTTER.

HALF A CUP OF YEAST, OR A THIRD OF A

YEAST CAKE IN HALF A CUP OF MILK.

SIFT the salt with the graham. Measure the wheat flour before sifting, then sift twice with the soda and brown sugar. Add the molasses, then the butter, melted. Stir in the yeast, and last of all the cup and a half of lukewarm milk (warming the milk as for raised loaves). Stir well for eight or ten minutes. Mix early in the evening, and let it rise over night, covered closely. In the morning

butter the bake pan and muffin-rings carefully, fill with the batter three-quarters full, and let the muffins rise for nearly an hour, or until well up above the rings. If there is not time to let them rise in the morning, bake them in the gem roll pan. Have it well buttered and very hot, and fill quite full, but I think they are much nicer in the rings.

## GRAHAM ROLLS WITH SOUR MILK

ONE CUP AND A QUARTER OF GRAHAM FLOUR.

ONE CUP AND A HALF OF WHEAT FLOUR.

ONE EVEN TEASPOONFUL OF SODA.

ONE SCANT TEASPOONFUL OF CREAM OF TARTAR.

ONE TABLESPOONFUL OF BROWN SUGAR.

ONE EVEN TEASPOONFUL OF SALT.

TWO CUPS OF SOUR MILK.

SIFT the graham flour very carefully, having a full measure, with the brown sugar and salt. Then sift the wheat flour with the cream of tartar and soda. Mix all together, then stir in the sour milk gradually. Of course, it is better to have part sour cream, if only a spoon-

ful or two. Stir well together for four or five minutes. Have the gem roll pan on top of the stove, hot, and *very well buttered*. Fill full, and bake in hot oven.

## RICE BREAD

TWO CUPS AND A HALF OF WARM MILK.

THREE EGGS.

BUTTER SIZE OF LARGE EGG.

ONE-QUARTER OF A CUP OF SUGAR.

THREE PINTS AND A HALF OF FLOUR.

ONE HEAPING CUP OF BOILED RICE.

THREE-QUARTERS OF A CUP OF YEAST, OR

HALF A YEAST CAKE IN THREE-QUARTERS

OF A CUP OF MILK (A LITTLE LESS

YEAST IN VERY WARM WEATHER).

IN making either Rice Bread or Rice Muffins, do not use rice cooked the day before if it has been cooked with milk, or the dough will be apt to sour. Mix the Rice Bread in the same way as for Rice Muffins, only stirring the dough a little longer. Cover closely and let it rise over night. This quantity makes one loaf baked in bread pan, and nine or ten muffins baked in the muffin-rings. Butter the

dripping-pan and muffin-rings, and fill a little over half full. Let the dough rise until well above top of the rings, and bake for breakfast. Put the remainder of the dough in buttered bread pan, and let it rise about an hour and a half, or until well above top of the pan. This bread browns quickly, so it is best not to have too hot an oven. Rice Bread makes very nice Rice Toast, buttered hot.

## RAISED RICE MUFFINS

THREE PINTS OF FLOUR, MEASURED AFTER SIFTED.

ONE PINT OF WARM MILK.

ONE HEAPING TABLESPOONFUL OF BUTTER.

ONE TABLESPOONFUL OF WHITE SUGAR.

TWO EGGS.

ONE EVEN CUPFUL OF BOILED RICE.

TWO-THIRDS OF A CUP OF YEAST, OR HALF A  
YEAST CAKE DISSOLVED IN TWO-THIRDS OF A  
CUP OF MILK.

If the rice has been freshly cooked, let it get nearly cool before using. If it was cooked at noon, and has become hard and lumpy, add a spoonful or two of milk, and stir it until smooth in a saucepan set in a basin of hot water on the stove. If too hot, cool it by setting it in a pan of cold water, as it would

not do to have it more than lukewarm. Cream the butter and sugar together, then stir in the eggs, which must first be very well beaten. Stir in one pint of the flour, then the milk, and the remainder of the flour. Add the rice, then the yeast, mixing all well together, stirring it with a spoon for seven or eight minutes. Leave it to rise over night. In the morning butter the bottom of a dripping-pan, then butter the muffin-rings very carefully. Arrange them evenly in the pan, fill with the batter nearly three-quarters full, and let them rise in a warm place for about an hour, or until the dough is well above the top of the rings. Bake in a hot oven for about half an hour.



## HOMINY MUFFINS

ONE PINT OF WARM MILK.

THREE HEAPING PINTS OF FLOUR, MEASURED BEFORE SIFTED.

ONE-THIRD OF A CUP OF WHITE SUGAR.

ONE HEAPING TABLESPOONFUL OF BUTTER.

TWO EGGS.

ONE CUP OF BOILED HOMINY.

TWO-THIRDS OF A CUP OF YEAST, OR ONE-HALF A YEAST CAKE IN TWO-THIRDS OF A CUP OF MILK ; IN VERY WARM WEATHER TAKE A LITTLE LESS YEAST.

Mix in the same way as Rice Muffins, in the evening. Let them rise over night, and in the morning bake in muffin-rings.

## OATMEAL CAKES

ONE CUPFUL OF BOILED OATMEAL.

ONE TABLESPOONFUL OF BUTTER.

ONE QUART OF FLOUR.

ONE TABLESPOONFUL OF WHITE SUGAR.

ONE CUP AND A HALF OF MILK.

A THIRD OF A TEASPOONFUL OF SALT.

HALF A CUP OF YEAST, OR A THIRD OF A

YEAST CAKE IN HALF A CUP OF MILK.

IF the oatmeal is freshly cooked, let it get nearly cool, or if it is cold and lumpy soften it by stirring in a little of the warm milk. Then add the butter, which must first be melted, next the sugar. Stir in the flour and milk gradually. The milk must be just lukewarm. Sift in the flour, as it is measured before sifted. Add the

yeast last, and stir all well together for eight or ten minutes. Let it rise over night, and in the morning butter the gem roll pan, warmed slightly (not hot, as for drop cakes), fill about three-quarters full, and let the cakes rise about an hour, or until well above the top of the pan. Bake in hot oven.

## POTATO BISCUIT

FIVE MEDIUM-SIZED POTATOES.

THREE PINTS OF FLOUR, HEAPING.

ONE TABLESPOONFUL OF WHITE SUGAR.

BUTTER SIZE OF AN EGG.

ONE PINT OF MILK.

ONE EVEN TEASPOONFUL OF SALT.

TWO-THIRDS OF A CUP OF YEAST, OR

HALF A YEAST CAKE IN TWO-THIRDS OF

A CUP OF MILK.

WASH the potatoes, peel, and boil them in water enough to cover them. Mash them fine, add the salt and sugar, then rub in the butter. Add part of the flour and part of the milk. Warm the milk as for raised loaves, but let it get nearly cool before using. Stir in the yeast, then the remainder of the milk and flour. Stir well with a spoon, or knead with the hands, for twelve or fifteen minutes. Cover closely, and let it rise over night. In the morning roll out on the pastry-board, and cut out with tin biscuit cutter, putting two together, in precisely the same way as Lunch Rolls; or make into little biscuit like the Break-

## POTATO BISCUIT

fast Rolls, kneading them as little as possible in making them out. In whichever shape they are made out, it is better to let them rise an hour and a half or two hours before baking. In very cold weather set them to rise the very last of the afternoon, or early in the evening. In warm weather they can be set to rise early in the morning, and made out in the afternoon in time to rise in the pans before baking for tea. After boiling the potatoes, be sure to drain all the water off through a colander before mashing them. Potatoes vary so much, some being a great deal drier than others, that it is impossible to give the exact measure of flour; and if this dough should seem too soft, add a spoonful or two more of flour. After rubbing the butter into the potatoes it is well to leave them a minute or two to cool before adding the flour and milk.

## BROWN-BREAD, NO. 1

HALF A PINT OF INDIAN MEAL, HEAPING.

ONE EVEN PINT OF RYE MEAL.

THREE-QUARTERS OF A CUP OF MOLASSES.

ONE TEASPOONFUL OF SALT.

ONE PINT OF MILK, EITHER SOUR MILK OR SWEET.

IF THE MILK IS SWEET TAKE HALF A TEASPOONFUL OF CREAM OF TARTAR.

TWO-THIRDS OF A TABLESPOONFUL OF WHEAT FLOUR.

ONE TEASPOONFUL OF SODA.

when it has turned to bonny-clabber. Butter the tin brown-bread pan very thoroughly, being careful to butter the cover also. Pour the batter into it, and steam three hours and a half.

More than half the secret of good brown-bread is in the cooking. In the first place, be sure to have a good hot fire, as it is better not to have to replenish it often,

SIFT the rye meal very thoroughly, then sift the salt with the Indian. Add the wheat flour, sifting it twice with the soda, and also the cream of tartar, if sweet milk is to be used. Stir in the molasses, and last of all the milk gradually. Whenever sour milk is used for bread it is better to have it quite sour, but do not use it

## BROWN-BREAD, NO. 1

and if possible do not move the brown-bread while it is cooking. Have the water in the iron pot boiling hard before you set the brown-bread tin in it, and be careful the iron pot is closely covered, so that the steam will not escape. Have the water about two-thirds up to the top of the tin. As this boils away it does not do to replenish it with anything but boiling water, so keep plenty boiling in the tea-kettle. Place the cover of a tin pail, with the rim up, or a muffin-ring (I think the muffin-ring is much better), in the water under the brown-bread tin, as it does not do to let it rest on the bottom of the iron pot. A brown-bread tin with a tube is much better than one without, as it makes the bread lighter, but it is harder to grease, as the tube has to be carefully buttered, as well as the pan. If the brown-bread is to be kept for breakfast, when it is cooked turn it out of the tin, as it is not a good plan to leave it in it over night. A very good way to warm brown-bread is to set it in the large tin steamer,

## BROWN-BREAD, NO. 1

with water boiling in the kettle under it, laying a cloth over the steamer, under the tin cover ; not putting the brown-bread back into the tin it was cooked in, but setting it in a plate in the tin steamer. Of course it can be warmed in the oven if preferred.

I have put this recipe for brown-bread, and the four following, just in order, as they are all cooked in precisely the same way, the only difference being in the time allowed for cooking. But I do not think any is as good as the brown-bread made with yeast, it being more like brown-bread baked in the old brick oven. It is better to have a large brown-bread tin, — one holding between two quarts and two quarts and a half, or a little over, as the bread will be heavy if it does not have plenty of room to rise. Whenever rye is used in brown-bread, always use rye meal, and not rye flour. I prefer butter for greasing the brown-bread tin, as I think it gives the bread a little nicer taste.

## BROWN-BREAD, NO. 2

TWO CUPS OF INDIAN MEAL.

TWO CUPS OF RYE MEAL.

ONE-THIRD OF A CUP OF WHEAT FLOUR.

ONE CUP OF MOLASSES.

ONE TEASPOONFUL OF CREAM OF TARTAR.

ONE TEASPOONFUL AND A HALF OF SODA.

ONE TEASPOONFUL AND A HALF OF SALT.

THREE CUPS AND A HALF OF SWEET, COLD MILK, OR THE SAME OF SOUR MILK. IF SOUR MILK IS USED, LEAVE OUT THE CREAM OF TARTAR.

when done the brown-bread should be risen up to the cover. Steam four hours.

SIFT the salt with the Indian meal, having the cups even full ; then the rye meal carefully, having the cups a little heaping, that is, a fuller measure than the Indian meal. Sift in the wheat flour with the cream of tartar and soda, then stir in the molasses, and last of all the milk gradually, stirring all well together. Butter the brown-bread tin thoroughly, taking care to butter the cover also, as



## BROWN-BREAD, NO. 3

ONE PINT OF SOUR MILK.

ONE PINT OF INDIAN MEAL.

HALF A PINT OF GRAHAM FLOUR.

ONE TEASPOONFUL OF SALT.

TWO-THIRDS OF A CUP OF MOLASSES.

ONE TEASPOONFUL OF SODA.

HALF A TEASPOONFUL OF CREAM OF  
TARTAR.

Mix in precisely the same way as Brown-Bread No. 2, but steam only three hours and a half. Dissolve the soda very carefully in the sour milk, taking about half a cup of the sour milk, and beating the soda thoroughly in it, to be sure it is well dissolved.

## BROWN-BREAD, NO. 4

THREE CUPS OF INDIAN MEAL.

HALF A CUP OF RYE MEAL.

HALF A CUP OF WHEAT FLOUR.

ONE CUP OF MOLASSES.

ONE HEAPING TEASPOONFUL OF SALT.

ONE HEAPING TEASPOONFUL AND A  
HALF OF SODA.

THREE CUPS AND A HALF OF SOUR  
MILK.

SIFT the rye meal thoroughly, then sift the salt with the Indian; then add the soda and flour, sifting the soda twice with the flour. Add the molasses, and stir in the milk gradually. Mix all well together, and pour into brown-bread tin, and steam four hours.

## BROWN-BREAD, NO. 5

THREE CUPS AND A HALF OF SOUR MILK.

TWO CUPS OF INDIAN MEAL.

ONE CUP OF RYE MEAL.

TWO-THIRDS OF A CUP OF GRAHAM FLOUR.

ONE-THIRD OF A CUP OF WHEAT FLOUR.

ONE VERY HEAPING TEASPOONFUL OF SODA.

ONE CUP OF MOLASSES.

ONE HEAPING TEASPOONFUL OF SALT.

Mix in the same way as Brown-Bread No. 4, sifting the rye and graham thoroughly, and steam four hours.

## BROWN-BREAD WITH YEAST

TWO CUPS OF INDIAN MEAL.

ONE CUP OF GRAHAM FLOUR.

ONE CUP OF RYE MEAL.

ONE CUP OF MOLASSES.

ONE TABLESPOONFUL OF FLOUR.

ONE EVEN TEASPOONFUL OF SODA.

ONE EVEN TEASPOONFUL OF SALT.

TWO CUPS AND A HALF OF LUKEWARM MILK.

ONE CUP OF HOME-MADE YEAST, OR HALF A  
YEAST CAKE IN ONE CUP OF MILK.

mixture thoroughly for five or six minutes.

SIFT the rye meal and graham flour very thoroughly, sift the salt with the Indian meal, then add the soda and flour, first sifting the soda twice with the flour. Mix all well together, then stir in the molasses. Add the two cups and a half of warm milk gradually, having it just lukewarm, warmed in the same way as for raised loaves. Last of all add the yeast, and stir or beat the  
Do not have the water in the iron pot

## BROWN-BREAD WITH YEAST

boiling, as for other steamed brown-bread, but only just lukewarm, as, on account of the yeast, the bread should have time to rise before it begins to cook. The water should not begin to boil until the brown-bread has been in it twenty-five minutes or half an hour, and then it should boil hard for four hours and a half. Be very careful to keep it replenished with boiling water, and put a cover or a muffin-ring in the bottom of the pot under the tin, in the same way as for other brown-bread. Important as it always is to have the brown-bread tin well greased, it is particularly so for this kind. Be sure to grease the cover also.

## LITTLE BROWN-BREADS

ONE HEAPING CUP OF INDIAN MEAL.

ONE EVEN CUP OF RYE MEAL.

HALF A TEASPOONFUL OF SALT.

ONE SCANT TEASPOONFUL OF SODA.

TWO-THIRDS OF A TABLESPOONFUL OF FLOUR.

HALF A CUP OF MOLASSES.

ONE CUP AND A HALF OF SOUR MILK.

SIFT the rye meal, then sift the Indian meal with the salt. Add the wheat flour and soda, sifting the soda twice with the flour. Stir in the molasses, and last of all the sour milk. Butter one dozen cup-shaped, small tin cake pans (I think they are called lemon cake pans), fill about

half full, and place in the large tin steamer, having the water in the iron pot under the steamer boiling hard, and being sure that the large tin steamer is closely covered. Steam one hour and forty minutes, then take them from the steamer, and set them in the oven for eight or ten minutes, or a minute or two less if the oven is very hot.

## SWEET RUSKS

TWO TABLESPOONFULS OF WHITE SUGAR.

ONE TABLESPOONFUL OF BUTTER.

ONE EGG.

HALF A TEASPOONFUL OF SALT.

HALF A PINT OF LUKEWARM MILK.

ONE EVEN QUART OF FLOUR, MEASURED BEFORE  
SIFTED.

ONE-QUARTER OF A YEAST CAKE IN HALF A CUP  
OF MILK, OR A SCANT HALF-CUP OF HOME-  
MADE YEAST.

CREAM the butter and sugar together, then beat the white and yolk of the egg separately, beating the white until very stiff, and add them to the butter and sugar, mixing well together. Sift in the flour and salt, then stir in the milk gradually, first warming it as for raised loaves. Add the yeast, stirring all well for eight or ten minutes. Cover closely,

and let it rise over night. In the morning, without stirring, drop the batter with a spoon into the gem roll pan, well buttered. Fill about half full. Let the rusks rise until well above top of the pan before baking. Bake in quite a hot oven. If preferred, bake in one buttered gingerbread pan, filling it about half full, giving it plenty of time to rise before baking. When baked, cut in long, narrow pieces.

## BUNNS

THREE TABLESPOONFULS OF WHITE SUGAR.

BUTTER THE SIZE OF A VERY LARGE EGG.

TWO EGGS.

ONE PINT OF MILK.

ONE QUART AND A HALF OF FLOUR.

HALF A YEAST CAKE IN THREE-QUARTERS OF  
A CUP OF MILK, OR THREE-QUARTERS OF  
A CUP OF YEAST.

TWO-THIRDS OF A CUP OF DRIED CURRANTS.

A PINCH OF POWDERED CINNAMON.

A TEASPOONFUL OF LEMON JUICE.

CREAM the butter well with two table-  
spoonfuls of the sugar. Add the eggs,  
which must first be thoroughly beaten.  
Mix together, and sift in one pint of  
the flour (the flour is measured before  
sifted), then the milk, which must be  
just lukewarm, and then sift in the re-  
mainder of the flour. Last of all add  
the yeast, and stir well together for  
eight or ten minutes. Mix this in the

morning, cover closely, and let it rise all day. In the evening add the remaining  
spoonful of white sugar, and stir well for about ten minutes. Cover it closely again,  
and let it rise all night. In the morning stir in two-thirds of a cup of dried currants,  
flouring the hands a little, and rubbing the currants through them, so that they will not  
sink to the bottom of the dough. Add the pinch of cinnamon, and the lemon juice if



## BUNNS

wished. Flour the pastry-board and rolling-pin, and roll out a little over half an inch thick. Cut out with tin biscuit cutter. Have as many as four gingerbread pans buttered, as this quantity makes over two dozen bunnns, and it does not do to put many in one pan, or it will spoil their shape. When ten or eleven have been cut out and laid carefully in the pans, cut out as many more and place one on top of each of those. If you have two tin biscuit cutters, one a little smaller than the other, it makes the bunnns a prettier shape to use the smaller cutter for the upper layer. This dough is very soft, and will seem at first hard to roll, but if too stiff the bunnns will not be good. Take care not to flatten the dough, but to round the bunnns up a little when placing them in the pans. Let them rise as much as two hours before baking. Bake a light brown, and after they are done rub over the top of each a little white of egg, and sprinkle a little powdered sugar over, if wished. These bunnns being sweet, they are nicer for lunch or tea than for breakfast. If they are to be baked for tea, mix them the evening of the day before, adding the third tablespoonful of sugar in the morning, and let them rise until afternoon.

## COFFEE BREAD

TWO-THIRDS OF A CUP OF WHITE SUGAR.

THREE-QUARTERS OF A CUP OF BUTTER.

ONE CUP AND A THIRD OF WARM MILK.

HALF A CUP OF YEAST, OR ONE-THIRD OF A  
YEAST CAKE IN HALF A CUP OF MILK. IN

COLD WEATHER TAKE HALF A YEAST CAKE.

ONE CUP OF STONED RAISINS.

ONE EGG.

HALF A TEASPOONFUL OF POWDERED CINNAMON.

ONE QUART OF FLOUR.

TAKE one quart of flour, heaping, measured before sifted, then sift, and add the white sugar, then rub in the butter. Mix in the yeast and add the milk gradually, having it just lukewarm, warmed in the same way as for raised loaves. Knead well for fifteen minutes. Mix this in the forenoon, cover it closely, and let it rise all day. In the evening add the egg, first very well beaten, knead-

ing all together eight or ten minutes. Cover the bowl again closely, and let it rise all night. In the morning stir in the cinnamon and raisins. Make up into a loaf quickly, using as little flour as possible, and put in buttered bread pan. Let it rise up to the top of the pan, as this makes one large loaf.

Be sure to give it plenty of time to rise in the pan before baking. Bake in moderate oven as much as an hour.

## BLUEBERRY BREAD, NO. 1

ONE TABLESPOONFUL OF BUTTER.

ONE-THIRD OF A CUP OF WHITE SUGAR.

A PINCH OF SALT.

FOUR CUPFULS OF FLOUR, MEASURED BEFORE SIFTED.

THREE HEAPING TEASPOONFULS OF BAKING POWDER.

TWO CUPS OF MILK.

TWO EGGS.

TWO CUPS AND A HALF HEAPED FULL OF BLUEBERRIES.

Mix the butter and sugar together, then add the eggs, which must first be well beaten. Sift in half the flour, with the baking powder. Stir well, then stir in the pinch of salt with the remainder of the flour and milk. Add the blueberries the last thing. Bake in two cake pans, well buttered, or, if preferred, in two sponge-cake pans, three inches wide by twelve and a half long. In making Blueberry Bread

take an extra tablespoonful of flour and sprinkle over the berries, then rub them through the hands to prevent them from sinking to the bottom of the cake, and always add them the last thing, and stir only just enough to mix in well. If the berries have to be washed, drain them through a colander and spread them on a platter or rub them through a cloth, to get them thoroughly dry.

## BLUEBERRY BREAD, NO. 2

ONE PINT OF FLOUR.

THREE-QUARTERS OF A CUP OF MILK.

ONE EGG.

TWO TEASPOONFULS OF BUTTER.

TWO SCANT TABLESPOONFULS OF WHITE  
SUGAR.

A PINCH OF SALT.

TWO HEAPING TEASPOONFULS OF BAK-  
ING POWDER.

ONE HEAPING CUP OF BLUEBERRIES.

BEAT the egg five or six minutes, add the milk, then the flour, baking powder, and sugar, sifted together (measure flour before sifting); add the salt, then the butter, melted. Last of all the blueberries, rubbing them through the hands with a little flour. Bake in one buttered cake pan thirty minutes.

## BLUEBERRY CAKES IN GEM PANS

ONE CUP AND A HALF OF MILK.

THREE CUPS OF FLOUR.

ONE TABLESPOONFUL OF WHITE SUGAR.

HALF A TABLESPOONFUL OF BUTTER.

ONE EGG.

THREE TEASPOONFULS OF BAKING POWDER.

A PINCH OF SALT.

TWO EVEN CUPFULS OF BLUEBERRIES.

SIFT the flour, baking powder, and sugar together, measuring the flour before sifting. Add a good pinch of salt. Stir in the milk, then the melted butter, then the egg, which must first be well beaten, and last of all the blueberries. Bake in cup or roll shaped gem pans, having the iron gem pan well buttered and quite hot.

## SOUR-CREAM BLUEBERRY CAKES

ONE QUART OF FLOUR.

ONE CUP OF SOUR CREAM.

HALF A CUP OF SOUR MILK.

ONE TEASPOONFUL OF SODA.

ONE SCANT TEASPOONFUL OF CREAM OF  
TARTAR.

QUARTER OF A TEASPOONFUL OF SALT.

ONE-THIRD OF A CUP OF WHITE SUGAR.

ONE PINT AND A HALF OF BLUEBERRIES.

MEASURE the flour before sifting, then sift twice with the soda and cream of tartar. Add the sugar and salt, then stir in the sour cream and milk gradually, and last of all mix in the blueberries. Flour the hands well, and make up into ball-shaped biscuit ; put them close together in buttered pan, that they may not spread too large.

Bake in very hot oven. This quantity makes one gingerbread pan full.

## WAFFLES, NO. 1

ONE PINT AND A HALF OF SWEET, COLD MILK.  
ONE PINT AND A HALF OF FLOUR, MEASURED  
BEFORE SIFTED.

THREE-QUARTERS OF A TEASPOONFUL OF SODA.  
ONE TEASPOONFUL AND A HALF OF CREAM OF  
TARTAR.

TWO TEASPOONFULS OF BUTTER.

THREE EGGS.

THREE-QUARTERS OF A TEASPOONFUL OF SALT.  
IF PREFERRED, INSTEAD OF CREAM OF TARTAR  
AND SODA, TAKE TWO TEASPOONFULS OF  
BAKING POWDER.

ing with the batter, or it will stick to the iron. Have the iron very hot before filling. This batter and the following recipes for waffles have all been made with very fine, dry flour; consequently, if they should be made with moister flour, which does not stiffen as much, it would be necessary to take an extra tablespoonful or two, although waffles are much more delicate not made too stiff.

SIFT the flour twice with the cream of tartar and soda. Stir in a little of the milk, then add the salt and the butter, two even teaspoonfuls before melted, and the remainder of the milk; last of all the eggs, which must first be very well beaten. Grease the waffle-iron very well with lard, or part lard and part butter, first heating the iron. It is very important that the waffle-iron should be well greased before fill-

## RICE WAFFLES

WAFFLES made with rice are much nicer than those made of the plain batter. Add to the recipe for Waffles one cup of boiled rice. If the rice is cold and lumpy, soften it before adding it to the batter by warming it in the double boiler, or in a saucepan set in hot water, adding a tablespoonful of milk, and stirring until smooth. A nice way to serve waffles is to butter and sugar them while hot, laying two together like a Washington pie.

Hominy Waffles are very nice, instead of boiled rice taking one cup of boiled hominy.



## RICE WAFFLES WITH ONE EGG

ONE HEAPING TEASPOONFUL OF BUTTER.

ONE EGG.

THREE TEASPOONFULS OF BAKING POWDER,

OR ONE EVEN TEASPOONFUL OF SODA

AND TWO OF CREAM OF TARTAR.

ONE PINT OF MILK.

TWO CUPS AND A HALF OF FLOUR.

HALF A TEASPOONFUL OF SALT.

ONE CUP OF BOILED RICE.

Mix and cook in precisely the same way as Waffles, No. 1. If preferred, instead of rice take one cup of boiled hominy.

## RICE WAFFLES WITH YEAST

ONE TABLESPOONFUL OF WHITE SUGAR.

ONE TABLESPOONFUL OF BUTTER.

TWO EGGS.

TWO CUPS AND A HALF OF MILK.

ONE QUART OF FLOUR.

HALF A CUP OF YEAST, OR A THIRD OF A  
YEAST CAKE IN HALF A CUP OF MILK.

A LITTLE LESS YEAST IN VERY WARM  
WEATHER.

ONE TEASPOONFUL OF SALT.

ONE CUP OF BOILED RICE.

ing egg, well beaten, in the morning. If, instead of for breakfast, they are to be cooked for tea, set them to rise early in the morning, and let them rise all day, adding the egg at night.

CREAM the butter and sugar together, then stir in one egg, very thoroughly beaten. Mix the rice very well with this, then sift in a little of the flour, and stir in the milk and the remainder of the flour, gradually. Add the salt, and last of all the yeast. Stir all well together for about ten minutes. Cover it closely, and let it rise over night. Cook in the same way as Waffles, No. 1, only adding the remain-

## BUCKWHEAT CAKES

ONE QUART OF BUCKWHEAT.

ONE SCANT THIRD OF A CUP OF INDIAN MEAL,  
SCALDED WITH THREE-QUARTERS OF A CUP OF  
BOILING WATER.

TWO TEASPOONFULS OF SALT.

ONE QUART OF LUKEWARM WATER.

THREE-QUARTERS OF A CUP OF YEAST, OR HALF  
A YEAST CAKE IN THREE-QUARTERS OF A CUP  
OF WATER.

HALF A TEASPOONFUL OF SODA IN ONE TABLE-  
SPOONFUL OF BROWN SUGAR OR ONE TABLE-  
SPOONFUL OF MOLASSES.

SIFT the meal, and scald well with three-quarters of a cup of boiling water. Sift in half the buckwheat with the salt, stirring well with the meal, so as to cool it a little before adding the soda. Then sift in the remainder of the buckwheat with the brown sugar and soda, or, if the molasses is used, dissolving the soda in the molasses, and adding it after the buckwheat. Stir well, then add the yeast, and last of all the quart of lukewarm water. Stir all well together. Cover it very closely, and let it rise over night. In very cold weather it is better to mix them by four o'clock in the afternoon, and be sure to leave them in a warm place to rise. In the morning fry them on the griddle, which must be hot and very well greased with lard. Buckwheats require more than other cakes.

## BUCKWHEAT CAKES

ONE QUART OF BUCKWHEAT.

HALF A TABLESPOONFUL OF BROWN SUGAR.

ONE QUART OF WARM WATER.

ONE HEAPING TEASPOONFUL OF SALT.

HALF A CUP OF YEAST, OR A THIRD OF A  
YEAST CAKE IN HALF A CUP OF WATER.

SIFT the buckwheat with the salt and sugar. Have the quart just even full, not heaping. Mix the yeast and warm water together, having the water not hot, but a little more than lukewarm. Pour this gradually on the buckwheat, stirring well for seven or eight minutes. Cover closely, and let it rise over night. In winter mix them by four or five in the afternoon. Fry in the morning, having the griddle hot and well greased with lard.

## GRIDDLE-CAKE BATTER

TWO CUPS AND A HALF OF FLOUR.

ONE TEASPOONFUL OF SALT.

ONE TEASPOONFUL OF SODA AND TWO TEASPOONFULS OF CREAM OF TARTAR, OR THREE TEASPOONFULS OF BAKING POWDER.

TWO EGGS; ONE WILL DO.

THREE CUPS OF MILK.

TWO EVEN TEASPOONFULS OF BUTTER, MEASURED BEFORE MELTED.

### BATTER WITH SOUR MILK.

THREE CUPS OF SOUR MILK.

TWO CUPS AND A HALF OF FLOUR.

ONE VERY HEAPING TEASPOONFUL OF SALT.

ONE EGG.

ONE TEASPOONFUL AND A HALF OF SODA.

ONE SCANT TEASPOONFUL OF CREAM OF TARTAR.

WITH these batters can be made a great variety of griddle cakes. Sift the flour with the salt, and the soda and cream of tartar (or baking powder), add the milk gradually, stirring well to be sure it is quite smooth. Then add the butter, melted, and last of all the eggs, which must first be very well beaten. If the milk is very rich the butter need not be added, and is never needed with the sour milk; and of course baking powder would not be used with sour milk.

These recipes I have given as made with the fine, dry flour, think-

## GRIDDLE-CAKE BATTER

ing that is what would probably be used. The pastry flour is a little better, but it will require a spoonful or two more to stiffen the batter, as it is so much moister. For Bread Griddle Cakes it is a very good plan to strain the batter through a colander before frying. Have the griddle quite hot, and well greased with lard or part butter and part lard, just before frying the cakes. A very pretty way to serve griddle cakes (Plain Flour, Bread, or Rice) is to melt a tablespoonful of butter, and stir into it, while hot, a tablespoonful of white sugar. Spread over the cakes as soon as they are taken from the griddle, and make each into a little roll. In this way they are very nice, and keep very hot.

## BREAD GRIDDLE CAKES

ADD to the batter one cup of bread crumbs, which can be soaked in one cup of hot milk over night, or, if preferred, soaked in one cup of boiling water in the morning, and then drained through the colander. Graham or rye bread crumbs are not good, — only flour bread, crumbed up fine.

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## SQUASH GRIDDLE CAKES

SIFT one cup of steamed squash in the same way as for Squash Pies, rubbing it through a fine sieve (a hair sieve is best). Let it get nearly cool before adding it to the batter ; but if it has been cooked the day before, and become too stiff and hard, warm and soften it, stirring in a spoonful of milk.

## SWEET-CORN GRIDDLE CAKES

GRATE one scant cupful of raw sweet corn, and stir it into the griddle-cake batter, or take one cupful of boiled sweet corn, cut off the cob after it is cold.

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## OATMEAL GRIDDLE CAKES

TAKE one cup of boiled oatmeal, if it is hot letting it cool a little, or if it is cold and lumpy, warm and soften it before stirring it into the batter. If the oatmeal is cooked very thin the batter may require an extra spoonful of flour.

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## CEREALINE GRIDDLE CAKES

ADD one cup of cooked Cerealine to the griddle-cake batter, in the same way as the rice or oatmeal. Rolled wheat and several of the health foods also make good cakes.



## RICE GRIDDLE CAKES

ADD to the griddle-cake batter one cup of boiled rice, if it is hot letting it cool a little before stirring it into the batter, or if cold and lumpy warm and soften it a little, taking care that it does not burn.

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## HOMINY GRIDDLE CAKES

ADD to the batter one cup of boiled hominy, cooling it a little if hot, or if cold softening it in the same way as the rice.

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## OATMEAL GRIDDLE CAKES WITH YEAST

OATMEAL griddle cakes are very nice made with yeast, and raised over night. Mix them in the evening in precisely the same way as Oatmeal Cakes. In the morning add to the dough about one cup and a half of milk, half a teaspoonful of salt, and one egg well beaten.

## RAISED RICE GRIDDLE CAKES

ONE QUART OF FLOUR.

ONE TABLESPOONFUL OF BUTTER.

ONE TABLESPOONFUL OF WHITE SUGAR.

TWO EGGS.

THREE CUPS AND A HALF OF MILK.

ONE EVEN TEASPOONFUL OF SALT.

ONE CUP OF BOILED RICE.

ONE-THIRD OF A CUP OF YEAST, OR  
QUARTER OF A YEAST CAKE IN ONE-  
THIRD OF A CUP OF MILK.

SIFT the flour with the sugar and salt, then add the butter, melted (one tablespoonful, measured before melted). Add the rice and two cups of the milk, just lukewarm. Stir in the yeast, and mix all well together for seven or eight minutes. In the morning add the remaining cup and a half of milk, and the two eggs, well beaten. Fry on griddle, having it hot and well greased with lard.

## RYE GRIDDLE CAKES, NO. 1

ONE EVEN CUP OF RYE MEAL.

THREE-QUARTERS OF A CUP OF GRAHAM FLOUR.

ONE CUP AND A HALF OF WHEAT FLOUR.

ONE HEAPING TEASPOONFUL OF SALT.

FOUR CUPS OF SOUR MILK.

ONE TABLESPOONFUL AND A HALF OF MOLASSES.

ONE TEASPOONFUL AND A HALF OF SODA.

ONE TEASPOONFUL OF CREAM OF TARTAR.

ONE EGG.

SIFT the graham flour and rye meal thoroughly with the salt. Sift the cream of tartar and soda with the wheat flour. Stir all well together, add the sour milk gradually, stirring until quite smooth, then the molasses, and last of all mix in the egg, well beaten. Fry immediately, having the griddle very hot and well greased with lard.

## RYE GRIDDLE CAKES, NO. 2

ONE CUP OF RYE MEAL.

ONE CUP OF RYE FLOUR.

TWO EGGS.

TWO EVEN TEASPOONFULS OF BUTTER.

ONE HEAPING TEASPOONFUL OF BROWN SUGAR.

ONE CUP AND A HALF OF WHEAT FLOUR.

FOUR CUPS OF SWEET, COLD MILK.

THREE HEAPING TEASPOONFULS OF BAKING  
POWDER, OR ONE TEASPOONFUL OF SODA  
AND TWO OF CREAM OF TARTAR.

ONE HEAPING TEASPOONFUL OF SALT.

beaten. Fry immediately, having the griddle hot and well greased with lard.

SIFT the rye flour and meal with the salt, having the cup of rye meal just even, and the rye flour heaping. Sift the baking powder (or soda and cream of tartar) and brown sugar with the wheat flour. Mix all together, and add the milk gradually, stirring until smooth, then the butter, melted (two even teaspoonfuls before melted), and last of all the eggs, which first must be well

## FLANNEL CAKES

TWO CUPS OF INDIAN MEAL.

ONE CUP AND A HALF OF BOILING WATER.

ONE TEASPOONFUL OF SALT.

ONE CUP OF MILK.

TWO EGGS.

TWO TABLESPOONFULS OF FLOUR.

ONE EVEN TEASPOONFUL OF SODA.

TWO EVEN TEASPOONFULS OF CREAM OF  
TARTAR.

OR, TWO TEASPOONFULS OF BAKING POWDER,  
HEAPING.

SIFT the salt with the Indian meal, then stir in the boiling water gradually, stirring until smooth. Rest the bowl on the stove while stirring in the water, so that it will not stop boiling. Leave this to cool a few minutes, while you beat the eggs. Stir in the milk, then sift in the soda and cream of tartar (or baking powder) with the flour. Stir well, and add the eggs last of all. Have the

griddle on the stove, very hot, and well greased with lard, and fry in the same way as griddle cakes. Be sure that they are served very hot.

## SNOW GRIDDLE CAKES

TWO CUPS AND A QUARTER OF SOUR MILK.

THREE-QUARTERS OF A CUP OF SOUR CREAM.

ONE PINT AND A HALF OF FLOUR.

ONE TEASPOONFUL AND A HALF OF SODA.

ONE TEASPOONFUL OF CREAM OF TARTAR.

ONE EGG.

ONE TEASPOONFUL OF SALT.

ONE CUP AND A QUARTER OF FRESH, DRY  
SNOW.

SIFT the cream of tartar and soda with the flour, having the pint and a half just an even measure. Add the salt, then stir in the milk and cream gradually. Add the egg, which must first be well beaten. Last of all stir in the snow. Have the griddle on the stove, very hot, and well greased with lard, and fry immediately. If wished, instead of having

plain flour griddle cakes, add one cup of oatmeal, rice, or hominy, in the same way as to the Griddle-Cake Batter.

## JOHNNY-CAKE, NO. 1

ONE HEAPING TABLESPOONFUL OF BUTTER.

A SCANT HALF-CUP OF WHITE SUGAR.

THREE EGGS.

TWO CUPS OF INDIAN MEAL.

ONE CUP AND A HALF OF FLOUR.

HALF A TEASPOONFUL OF SALT.

TWO CUPS OF MILK.

ONE TEASPOONFUL OF SODA.

TWO TEASPOONFULS OF CREAM OF TARTAR.

OR, THREE TEASPOONFULS OF BAKING  
POWDER.

CREAM the butter and sugar carefully together in the same way as for cake, then mix with the yolks of the eggs, which must first be thoroughly beaten. Sift in the flour with the cream of tartar. Stir well, and mix in gradually one cup and a half of the milk. Sift in the meal and salt, stir well together, and add the remaining half-cup of milk, with the soda carefully dissolved in it. Drop the soda into the milk,

and beat well together for a minute or two before adding to the batter. Have the whites of eggs beaten very stiff, and stir in last thing. Mix quickly, but thoroughly, and bake in one buttered gingerbread pan, having quite a hot oven. If baking powder is used, sift it in with the flour. If white meal is used, take a little less sugar.

## JOHNNY-CAKE, NO. 2

ONE PINT OF CORN MEAL, EITHER WHITE OR  
YELLOW.

THREE-QUARTERS OF A CUP OF FLOUR.

HALF A TABLESPOONFUL OF LARD.

ONE TABLESPOONFUL AND A HALF OF WHITE SUGAR.

TWO HEAPING TEASPOONFULS OF BAKING POWDER.

TWO EGGS.

ONE CUP AND THREE-QUARTERS OF MILK.

ONE EVEN TEASPOONFUL OF SALT.

SIFT the salt with the meal, and the baking powder with the flour; mix in the sugar, then add the lard, rubbing it in with the hand in the same way as for raised bread. Stir in the milk gradually, then last of all add the eggs, first well beaten. Stir thoroughly together, and bake in one buttered gingerbread pan.

If white meal is used, take only one tablespoonful of sugar; and this bread can be made without sugar if wished, but with it is a little richer and lighter.



## JOHNNY-CAKE, NO. 3

ONE CUP AND THREE-QUARTERS OF INDIAN MEAL.

ONE CUP AND A QUARTER OF FLOUR.

ONE EVEN TABLESPOONFUL OF BUTTER.

ONE HEAPING TABLESPOONFUL OF WHITE SUGAR.

ONE EGG.

HALF A TEASPOONFUL OF SALT.

THREE HEAPING TEASPOONFULS OF BAKING POWDER.

TWO SCANT CUPS OF MILK.

CREAM the butter and sugar together, being careful that the spoon is only even full of butter,—not heaping. Beat the white and yolk of the egg separately, and mix the yolk of the egg with the butter and sugar; stir in the flour, sifting it in with the baking powder. Add

part of the milk, then sift in the meal with the salt. Mix thoroughly. Stir in the remainder of the milk, and last of all the white of egg, which should first be beaten until quite stiff. Bake in one buttered gingerbread pan in hot oven.

## JOHNNY-CAKE, NO. 4

TWO CUPS OF INDIAN MEAL.

ONE EVEN TEASPOONFUL OF SALT.

ONE CUP OF FLOUR.

ONE TABLESPOONFUL, HEAPING, OF LIGHT  
BROWN SUGAR.

TWO TEASPOONFULS OF LARD.

ONE HEAPING TEASPOONFUL OF BUTTER.

TWO EGGS.

ONE CUP AND A HALF OF MILK.

THREE HEAPING TEASPOONFULS OF BAKING  
POWDER.

SIFT the meal with the salt and sugar, and the flour (taking the cup just even full) with the baking powder. Mix all this, and rub in the butter and lard. Stir in the milk gradually, and last of all the eggs, which must first be very well beaten. Beat all together for four or five minutes, and bake in buttered cake pan, having quite a hot oven. This quantity makes one thick loaf, baked in cake pan. Bake thirty or thirty-five minutes.

## DOVER CORN CAKE

HALF A CUP OF SOUR CREAM.

ONE CUP OF SOUR MILK.

ONE CUP OF INDIAN MEAL.

ONE CUP OF FLOUR.

ONE EVEN TEASPOONFUL OF SALT.

ONE TABLESPOONFUL OF WHITE SUGAR.

ONE EVEN TEASPOONFUL OF CREAM OF  
TARTAR.

ONE TEASPOONFUL OF SODA.

ONE EGG.

sure it is perfectly dissolved. Add this to the batter, and beat for two or three minutes, until perfectly smooth. Last of all the egg, first very well beaten, and stir all thoroughly together. Bake in one buttered gingerbread pan in hot oven. This corn cake can be made with a cup and a half of sour milk, but is nicer with the half-cup of sour cream.

SIFT the Indian meal, one cupful, not heaping, with the salt; then sift the cream of tartar with the flour. Add one table-spoonful of white sugar. Mix all together, stir in the cream and half a cupful of the sour milk, then dissolve the soda in the remaining half-cup of sour milk, first putting the milk in the cup, then adding the soda, and beating hard for a minute, to be

## CORN-MEAL MUFFINS

HALF A CUP OF BUTTER.

HALF A CUP OF WHITE SUGAR.

FOUR EGGS.

TWO CUPS OF INDIAN MEAL.

HALF A TEASPOONFUL OF SALT.

TWO CUPS OF FLOUR.

TWO CUPS AND A QUARTER OF MILK.

THREE TEASPOONFULS OF BAKING POW-  
DER, OR ONE OF SODA AND TWO OF  
CREAM OF TARTAR.

CREAM the butter and sugar well together, then mix with the yolks of the eggs, which must first be thoroughly beaten. Sift in the baking powder with the flour, mix well, and add part of the milk. Sift in the meal and salt, stir in the remainder of the milk, and last add the whites of the eggs, which should first be beaten until very stiff. Mix all together, and bake in muffin-rings set in a dripping-pan. Have the bottom of the pan and the muffin-rings well buttered.

Fill the rings nearly full with the batter, and bake in hot oven. These cakes are particularly nice made with cream of tartar and soda. Sift the cream of tartar with the flour instead of the baking powder, and after the meal stir in half a cup of the milk, with the soda well dissolved in it.

## CORN-MEAL CAKES, NO. 1

BUTTER THE SIZE OF A LARGE EGG.

ONE-THIRD OF A CUP OF WHITE SUGAR.

THREE EGGS.

TWO CUPS OF INDIAN MEAL.

ONE CUP AND A HALF OF FLOUR.

HALF A TEASPOONFUL OF SALT.

TWO CUPS OF MILK.

THREE TEASPOONFULS OF BAKING POW-

DER, OR ONE TEASPOONFUL OF SODA

AND TWO OF CREAM OF TARTAR.

CREAM the butter and sugar well together, then mix with the yolks of the eggs, which must first be thoroughly beaten. Sift in the baking powder with the flour, mix well, and add part of the milk. Sift in the meal and salt, stir in the remainder of the milk, mixing all together, and last add the whites of eggs, which must first be beaten until very stiff.

Mix well, and bake in gem pan, cup or roll-shaped. These cakes are a little nicer baked in the cup-shaped. If an iron gem pan is used have it well buttered and very hot, and pour the batter in while it is still on the stove, and bake immediately in hot oven. If made with cream of tartar and soda, mix in precisely the same way as Johnny-Cake, No. 1.

## CORN-MEAL CAKES, NO. 2

ONE TABLESPOONFUL OF WHITE SUGAR.

ONE TABLESPOONFUL OF BUTTER.

TWO EGGS.

THREE TEASPOONFULS OF BAKING POWDER.

ONE CUP AND A HALF OF MEAL, EITHER  
WHITE OR YELLOW.

ONE CUP AND A HALF OF FLOUR.

HALF A TEASPOONFUL OF SALT.

TWO CUPS OF MILK.

Fill nearly full, and bake in hot oven.

CREAM the butter and sugar together, then add the eggs, first thoroughly beaten. Sift in the flour with the baking powder. Stir in part of the milk, then sift in the meal and the salt, and add the remainder of the milk, stirring all well together. Have the gem pan, roll or cup-shaped (but these cakes are nicer baked in the roll pan), well buttered and very hot, on top of the stove.

## RHODE-ISLAND JOHNNY-CAKE

THREE CUPS OF WHITE MEAL.

ONE PINT AND A HALF OF BOILING WATER.

ONE CUP AND THREE-QUARTERS OF SWEET,  
COLD MILK.

ONE TEASPOONFUL AND A HALF OF SALT.

SIFT the meal, then put it in the oven to dry for a few minutes, leaving the door open, so it will not brown. Have the water in a quart measure on the stove, *boiling hard*. Take the meal from the oven, and add the salt. Place the bowl on the stove, and pour in the boiling water gradually, mixing thoroughly, to be sure that the meal is perfectly smooth. Take the bowl from the stove, and stir in the milk. Have the griddle on the stove, quite hot, and well greased with lard — a little more than for frying griddle cakes. Drop the batter from the spoon, about two spoonfuls to each cake. When done they should be nearly half an inch thick — thick enough to split and butter. Leave them on the griddle just long enough to brown on either side, then put them in a bake pan greased very slightly, and bake them in the oven nearly fifteen minutes. The oven must be hot. These cakes, to be good, must be mixed thin enough, baked quickly, and served hot. Nothing spoils sooner by standing. There is no meal so good for these johnny-cakes as the Rhode-Island white meal, which is a little coarser and a little sweeter than the white meal usually sold. This makes about fourteen johnny-cakes.

## CORN DODGERS

ONE CUP AND A HALF OF INDIAN MEAL.

ONE TABLESPOONFUL OF FLOUR.

ONE EGG.

ONE CUP AND A HALF OF SWEET, COLD  
MILK.

HALF A TEASPOONFUL OF SODA.

ONE TEASPOONFUL OF CREAM OF TARTAR.

HALF A TEASPOONFUL OF SALT.

SIFT the meal with the salt, and the flour with the cream of tartar. Dissolve the soda carefully in half a cup of the milk; add this to the meal and flour, then the remaining cup of milk. Mix well, and add last of all the egg, which must first be well beaten. Have the lard very hot in the frying-pan on the stove, about as much as

for frying doughnuts. Drop the batter in with a teaspoon, and fry a golden brown. Good corn dodgers can be made with Indian meal, salt, and boiling water. Sift three cups of meal with a teaspoonful of salt, scald with boiling water, stirring until smooth. Flour the hands, and make into little round cakes, not quite an inch thick. Fry in hot lard.



## HAMPTON JOHNNY-CAKE

THREE TABLESPOONFULS OF MOLASSES.

THREE-QUARTERS OF A CUP OF GRAHAM FLOUR.

THREE-QUARTERS OF A CUP OF WHEAT FLOUR.

ONE CUP OF INDIAN MEAL.

TWO CUPS OF SOUR MILK.

ONE TEASPOONFUL AND A HALF OF SODA.

ONE TEASPOONFUL OF CREAM OF TARTAR.

ONE TEASPOONFUL OF SALT.

SIFT the cream of tartar and soda with the flour twice, then sift in the meal and salt (an even teaspoonful) with the graham flour. Add the molasses, then the sour milk gradually, stirring well. Bake in buttered gingerbread pan in hot oven. This makes one good pan full, a little over an inch thick when baked.

## THIN CORN-MEAL BANNOCK

ONE PINT EVEN FULL OF INDIAN MEAL.

THREE-QUARTERS OF A TEASPOONFUL OF SALT.

ONE HEAPING TEASPOONFUL OF BUTTER.

ONE PINT AND A QUARTER OF BOILING WATER.

SIFT the meal with the salt, add the butter, melted, turn the water on gradually (be sure that the water is boiling hard), stir until perfectly smooth. Spread on tin gingerbread sheet, and bake in hot oven, — only ten minutes on the bottom oven, and then ten or fifteen minutes on the upper grate.

## CORN-MEAL BANNOCK, NO. 2

ONE PINT OF INDIAN MEAL.

ONE TEASPOONFUL OF SALT.

ONE EGG.

ONE PINT OF BOILING WATER.

ONE TEASPOONFUL OF WHITE SUGAR.

ONE TEASPOONFUL OF BUTTER.

SIFT the meal, sugar, and salt, stir in the boiling water, then the butter, melted; add last of all the egg, which must first be well beaten. Spread on one buttered gingerbread tin. Bake fifteen minutes on the bottom of the oven, and then ten minutes on the upper grate.



UNIVERSITY OF CALIFORNIA  
DEPARTMENT OF THE ECONOMIC  
HOUSEHOLD SCIENCE

Luncheon

and

Tea

Biscuits

